

# express



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## Tuesday



LENNY GNEIZIA/JAP

Stephen Strasburg will be drafted on Tuesday.

**Obvious Choice:** Nats to make Strasburg top pick | **14**

**Tight Race:** Final push in Va. gubernatorial primary | **13**



**Apple Jacked:** How to make an iPhone into your workout pal | **FIT**

### lookout

#### In the Lead:

Larry David lands the biggest acting gig of his career. Plus, the Black Eyed Peas' new jams.

>> **27-35**



## The Hunt Continues for Jetliner's Black Boxes



**SAD TAIL:** Members of Brazil's navy recover on Monday the tail of the Air France jetliner that crashed in the Atlantic Ocean. Brazil reported that it has discovered 24 bodies from last week's crash while the search continues — with the help of the U.S. Navy — for the missing black boxes from Flight 447.

## High Court Stalls Chrysler Sale

Order puts auto giant's deal with Fiat on hold temporarily

**WASHINGTON** | Chrysler's five weeks of break-neck-speed bankruptcy proceedings came to a screeching — but possibly temporary — halt Monday, when a Supreme Court justice delayed its sale of assets to Italy's Fiat. The move could derail the government's ambitious plan for the U.S. automaker to blaze a path to profitability without the burden of many of its debts.

Justice Ruth Bader Ginsburg issued a

stay just a week before Chrysler says the government-backed sale must go through. After June 15, Fiat could walk away from the deal and leave the struggling U.S. automaker with little option but to liquidate. It was unclear late Monday just how long the stay would last, or if the high court planned to take up the case.

A federal appeals court in New York approved the sale Friday, but gave oppo-

nents until 4 p.m. Monday to try to get the high court to intervene. Ginsburg issued her order minutes before the deadline.

Despite the objections of a trio of Indiana state pension and construction funds that own a small part of Chrysler's secured debt, the automaker has moved swiftly through the Chapter 11 process. The company received bankruptcy court approval for the sale just a month after filing for bankruptcy protection and had been expected to emerge from court oversight when the sale closed. (AP)

# eyeopeners



## BUSINESS MODELS

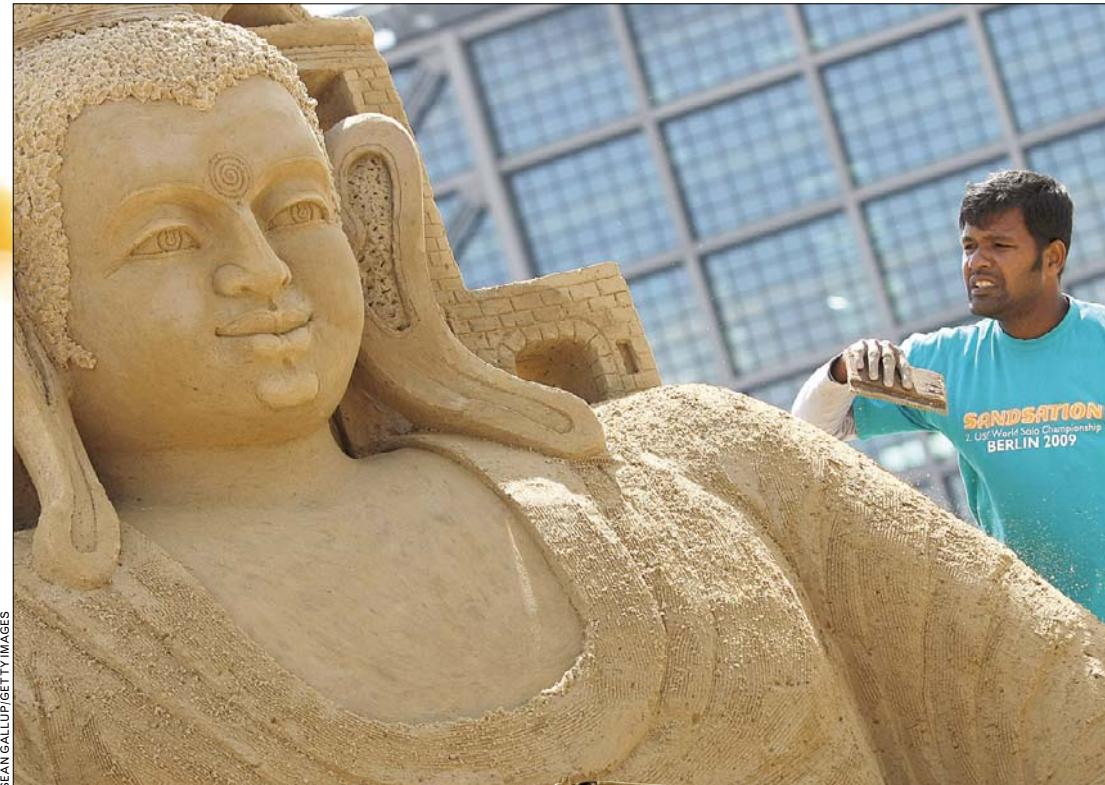
## Topless Pharmacy, Post Office on Hold

First written about in Express in May, the infamous Vassalboro, Maine, topless coffee shop has since been destroyed by fire. Donald Crabtree, whose shop was destroyed by arson Wednesday, is going to set up a tent in his parking lot and have clothed employees hand out free doughnuts and coffee next to a collection jar. The donations will be used to rebuild. (AP)

## STUNTS

## Phrase 'Good Game, Man' Now Overused

The players of Massachusetts' Wrentham Youth Baseball/Softball Association played baseball for 36 straight hours over the weekend, raising an estimated \$75,000 for charity. The event was billed as the world's longest baseball game. Coordinator Jim Lucas says the post-game handshake took 10 minutes. The final score was Away 348, Home 339. (AP)



SEAN GALLUP/GETTY IMAGES

## UNCHANGING

## It's THAT Time of Year Again

Frequent readers know that, as summer begins, so do a classic source of EyeOpeners photos: sand sculpture competitions. Be they castles, Jesus, presidents, landmarks or "Buddha Sitting in Berlin for World Peace," left, all are ambitious and beige, and can be destroyed by rain. This one was created for Sandsation, a festival in Berlin that runs until Aug. 30. (EXPRESS)

## WEAPONRY

**"It's not outside of the realm of possibility that someone would have a sword. ... Some people just have a bizarre fascination."**

— A POLICE SPOKESMAN IN SOUTH BEND, IND., REGARDING A MAN WHO TOOK A SWORD FROM UNDER HIS SOFA AND HIT HIS ADULT SON WITH IT. THE SON DID NOT REQUIRE MEDICAL TREATMENT.



## EARLY SIGNS

## Dogs Arm Selves for World Takeover

A dog playing fetch in Germany found and delivered to its owner a U.S. hand grenade from World War II. Police in Erkrath said Monday they were called by the dog's 40-year-old owner, who stopped walking her pooch when she recognized the "rusty" object it was carrying was a weapon. Police summoned a munitions expert Sunday to identify and defuse the grenade. Grenades and bombs left over from World War II often are still found in Germany. Sometimes whole streets in neighborhoods are evacuated so that such devices can be defused safely. (EXPRESS)

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# High Court Weighs in On Ethics

Judges told to step aside from cases that affect election donors

WASHINGTON | The Supreme Court ruled Monday that elected judges must step aside from cases when

large campaign contributions create the appearance of bias.

By a 5-4 vote in a case from West Virginia, the court said a judge who remained involved in a lawsuit filed against the company of the most generous supporter of his election deprived the other side of the constitutional right to a fair hearing.

"Just as no man is allowed to be a judge in his own cause, similar fears of bias can arise when — without the consent of the other parties — a man chooses the judge in his own cause," Justice Anthony Kennedy said for the court.

With multimillion-dollar election judicial campaigns on the rise, the court's decision could have widespread significance. (AP)

**39**

The number of states that currently have elections for judges, according to the group Justice at Stake.

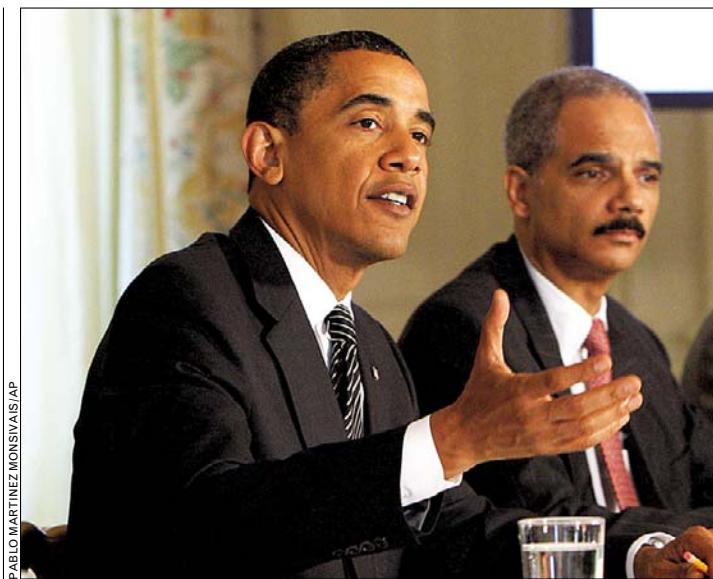
# Obama: Stimulus Plan Is on Track

White House admits forecast for economy was overly optimistic

WASHINGTON | President Obama assured the nation his recovery plan was on track Monday, scrambling to calm Americans unnerved by unemployment rates still persistently rising nearly four months after he signed the biggest economic stimulus in history.

Obama admitted his own dissatisfaction with the progress but said his administration would ramp up stimulus spending in the coming months. The White House acknowledged it has spent only \$44 billion, or 5 percent, of the \$787 billion stimulus, but that total has always been expected to rise sharply this summer.

"Now we're in a position to really accelerate," Obama said.



President Obama says the government is planning to "accelerate" spending from the \$787 billion economic stimulus fund. Only \$44 billion has been spent so far.

The economy has shed about 1.6 million jobs since the stimulus measure was signed in February,

far overshadowing White House announcements estimating the effort has saved 150,000 jobs. Pub-

lic opinion of Obama's handling of the economy has declined along with the jobs data.

For the first time, the administration admitted the economic forecasts it used to sell the stimulus were overly optimistic.

"At the time, our forecast seemed reasonable," Vice President Joe Biden's top economic adviser, Jared Bernstein, said Monday, explaining that the White House underestimated the scope of the recession. "Now, looking back, it was clearly too optimistic."

By now, according to earlier White House economic models, the nation's unemployment rate should be on the decline. The forecasts used to drum up support for the plan projected today's unemployment would be about 8 percent. Instead, it sits at 9.4 percent, the highest in more than 25 years.

BRETT J. BLACKLEDGE (AP)

## HEARSAY | CODE OF SILENCE



**"He owes President Obama his silence on issues, and there's no reason to second-guess any decisions [Obama] makes."**

—LAURA BUSH, IN AN INTERVIEW BROADCAST MONDAY ON ABC, EXPLAINING FORMER PRESIDENT GEORGE W. BUSH'S DECISION TO NOT SPEAK PUBLICLY ABOUT OBAMA'S ACTIONS.

## Men Allegedly Cooked Dealer's Body

BOSTON | A high school football coach and another man killed a cocaine dealer to avoid paying a debt, dismembered him and cooked the remains at a concrete business, prosecutors said Monday.

Daniel Bradley, 47, and Paul Moccia, 48, pleaded not guilty Monday to murder charges in the

death of Angel Antonio Ramirez.

Moccia met Ramirez and allegedly shot him in the back with a .357-caliber pistol, Norfolk Assistant District Attorney Robert Nelson said. Bradley dismembered the man's remains and then tried to get rid of the evidence by cooking it, Nelson said. (AP)

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National Institutes of Health, Department of Health & Human Services



## Nation



Passengers are rescued from Flight 1549 on Jan. 15 on New York's Hudson River.

# N.Y. 'Miracle' Was Almost a Tragedy

Plane nearly sank in river after someone cracked the back door

WASHINGTON | Even after Flight 1549 glided to a near-perfect forced landing on the Hudson River in January, the plane and its 155 passengers and crew came within inches of catastrophe when someone cracked open a rear door, sending water gushing into the cabin.

Who opened the door is one of the questions the National Transportation Safety Board hopes to answer during three days of hearings on the accident beginning Tuesday. Other issues include crew training for forced water landings and dual engine failures, wheth-

er aircraft standards for ditching are adequate, bird detection and mitigation efforts at airports, and whether engine standards need to be toughened to withstand collisions with large birds.

Had the door been opened wider, the Airbus A320 would likely have flooded and sunk immediately, said one experienced crash investigator. Even the slight gap in the door caused passengers in the rear to struggle through rising water to get to safety.

"It probably would have gone down tail-first very quickly, probably in 30 seconds to a minute, which means some of the people probably wouldn't have gotten out," said William Waldock of Embry-Riddle Aeronautical University in Prescott, Ariz. JOAN LOWY (AP)

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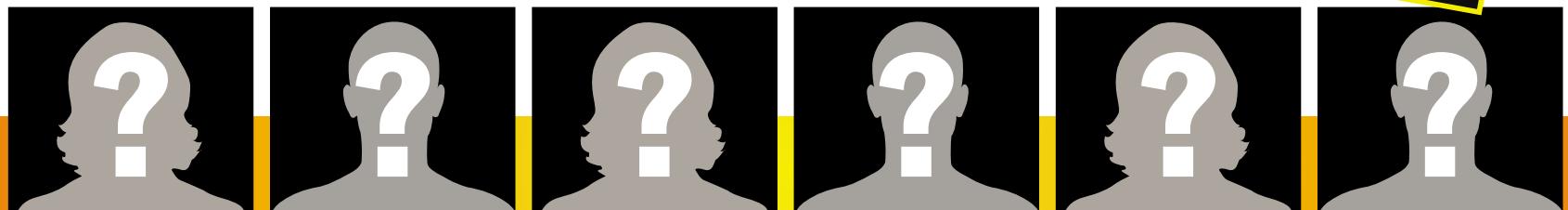
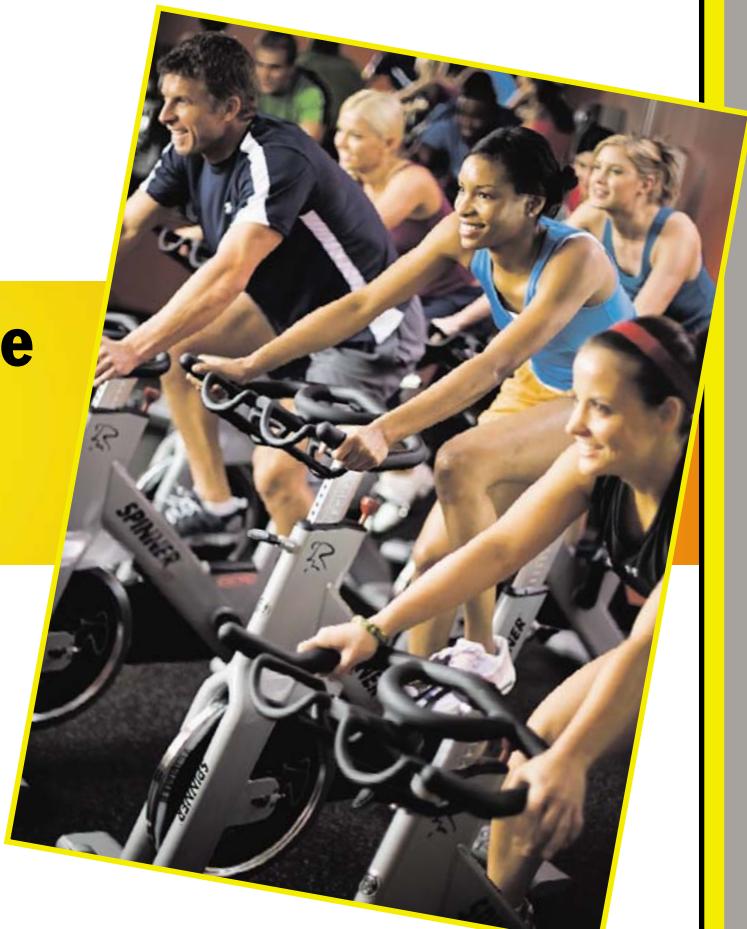
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## Nation



S.C. Gov. Mark Sanford says the stimulus act is a "monumentally terrible idea."

## Stimulus Foe Forced To Join In

**Gov. Sanford: Appeal for government cash made under duress**

COLUMBIA, S.C. | South Carolina Gov. Mark Sanford requested stimulus cash for the state's schools Monday, telling the U.S. education secretary he's doing so under duress and that the \$700 million in bailout money will create more problems.

The request to Education Secretary Arne Duncan caps months of Sanford's criticism of the \$787 billion federal economic recovery law. The state Supreme Court ordered him Thursday to follow a state budget law and request the money for the state's schools and colleges.

"First, it's important to state one last time for the record what a monumentally terrible idea I believe the entire so-called stimulus act is," Sanford wrote in the letter to Duncan.

He said it leaves future taxpayers picking up the tab for today's problems and creates budget problems down the road.

Sanford wanted to use the money to pay down state debt. But legislators said they needed to use the money to fill big budget holes.

JIM DAVENPORT (AP)



U.S. General Services Administration

# Nation

## Sotomayor Soldiers On With Injury

Supreme Court pick maintains her hectic schedule, visits Hill

WASHINGTON | Supreme Court nominee Sonia Sotomayor hobbled through a busy day of meetings on Capitol Hill Monday after breaking her ankle in an early morning airport stumble, then boarding a flight from New York to Washington to visit senators who will vote on her confirmation.

The federal appeals court judge, who has been keeping a busy set of appointments with lawmakers, tripped while rushing for her plane at New York's LaGuardia Airport. The White House said



Judge Sonia Sotomayor uses crutches Monday during a visit to Capitol Hill.

she suffered a small fracture to her right ankle.

Sotomayor was keeping her six appointments with senators despite the injury. She entered the Capitol for a meeting with Sen. Charles E. Grassley, R-Iowa, on crutches, wearing a white cast covered at the foot with a black soft bootie. When asked how she was feeling, Sotomayor said, "I feel fine, thank you."

The injury changed the tone slightly on an otherwise high-intensity round of meetings that are part job interview for Sotomayor. By day's end Monday, she will have met with one-third of the Senate in just four days of visits.

JULIE HIRSCHFELD DAVIS (AP)

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# World



British PM Gordon Brown leaves the House of Commons after his speech.

## Britain's Brown Vows to Improve

LONDON | British Prime Minister Gordon Brown on Monday survived the most serious test of his leadership, offering his critics a humbling promise to improve after his governing Labour Party suffered its worst electoral results in a century.

Brown made a rare admission of his failings in a speech to a private meeting of hundreds of Labour lawmakers from both houses of Parliament — a move that appeared to have halted his potential ouster.

Repeated cheers could be heard from the meeting — and one Cabinet minister said it was Brown's best-ever performance before his party's legislators.

"There was a massive show of unity," Culture Secretary Ben Bradshaw said. "He made the speech of his life." DAVID STRINGER (AP)

# N. Korea Convicts 2 U.S. Reporters

Journalists sentenced to 12 years in labor camp for 'grave crime'

TOKYO | A North Korean court sentenced two U.S. journalists to 12 years in a labor camp Monday, as the government of Kim Jong Il continued to ratchet up tension with the United States and its neighbors.

Laura Ling and Euna Lee, television reporters detained in March along North Korea's border with China, received harsher sentences than many outsiders had expected. But several experts in South Korea predicted that talks will begin soon to negotiate their release.

The U.S. government said it was "deeply concerned."

The five-day trial of Ling and Lee was held in Pyongyang's Central Court, the top court in North Korea. Outside observers were not allowed.

"The trial confirmed the grave crime they committed against the Korean nation and their illegal border crossing," the official Korean Central News Agency



South Koreans at a train station in Seoul watch a news report about the North Korean trial of American television reporters Euna Lee and Laura Ling on Monday.

said. It said the court sentenced "each of them to 12 years of reform through labor."

The "grave crime," however, was not explained. The reporters had earlier been accused of unspecified "hostile acts." Legal analysts in South Korea said the North Korean court might have sentenced the women to the maxi-

mum of 10 years of hard labor for hostile acts and added two years for illegal entry.

The detention and sentencing of the two journalists has coincided with — and become entangled in — a series of provocative acts by

### WHAT'S NEXT?

The U.S. could consider negotiating with North Korea for the journalists' release. Two prominent politicians may serve as envoys:

→ **BILL RICHARDSON**, the New Mexico governor who helped win the release of Americans from North Korea in the 1990s, said he was "ready to do anything" the Obama administration asked.

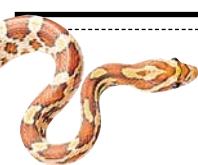
→ **AL GORE**, the former vice president, founded the TV venture that both reporters work for and could also serve as a negotiator.

North Korea this spring that have angered its neighbors, its historical allies and much of the world.

The secretive state — in the throes of a succession process, as the country's ailing leader prepares to hand power over to his youngest son — launched a long-range missile in April, detonated a nuclear bomb in May and has renounced the truce that ended the Korean War.

BLAINE HARDEN (THE WASHINGTON POST)

 **Sensitive situation:** For more on the reporters' sentencing and the increasing tensions between the U.S. and North Korea, visit [washingtonpost.com/world](http://washingtonpost.com/world).



**TECHNOLOGY Robo-Reptile** A robot snake with a camera and microphone in its head is the Israeli military's latest battlefield weapon, according to an Israeli TV report broadcast Monday. Channel 2 showed video of the snake twisting into caves, tunnels, cracks and buildings, broadcasting pictures and sound back to a soldier controlling it with a laptop computer. Covered by fabric in military camouflage colors, it slithered along the ground and climbed rocks. Channel 2 said researchers studied real snakes to copy their movements. (AP)

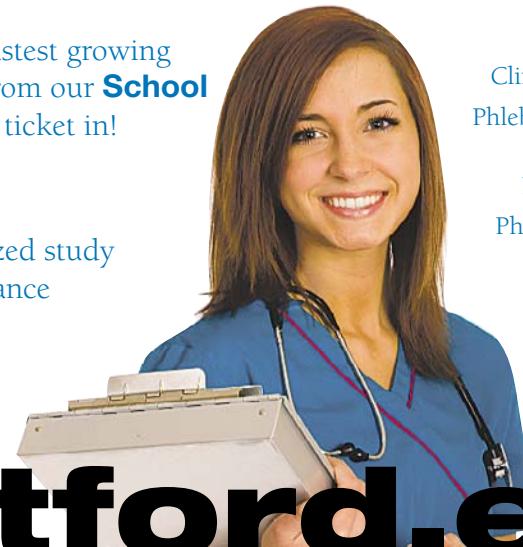
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# World

## U.S. Forces Pour Into Afghanistan

10,000 Marines join war against Taliban in southern province

**CAMP LEATHERNECK, AFGHANISTAN** | Teams of builders worked through dust storms Monday to expand a base for a brigade of U.S. Marines now fanning out across southern Afghanistan to change the course of a war claiming American lives faster than ever before.

About 10,000 Marines have poured into Afghanistan in the last six weeks, the military said Monday, transforming this once small base in the heart of the country's most violent province, Helmand, into a desert fortress.

The statement to embedded journalists, including a team from The Associated Press, was the first confirmation that the military has fully deployed the first wave of 21,000 additional troops President Obama ordered to Afghanistan this year to help stanch an increasingly violent Taliban insurgency.

The 2nd Marine Expeditionary



Marines walk at Camp Leatherneck in Helmand, Afghanistan, on Monday.

DAVID GUTTENFELDER/AP

Brigade, normally based at Camp Lejeune, N.C., will battle the Taliban, and train and fight alongside Afghan security forces.

"This is where the fight is, in Afghanistan," said 1st Sgt. Christopher Watson, who like many of the troops was most recently deployed in Iraq. "We are here to get the job done."

The United States and its allies invaded Afghanistan in 2001 because the country's Taliban leaders were sheltering Osama bin Laden and al-Qaeda, the Islamic terrorist group behind the Sept. 11 attacks. **CHRIS BRUMMITT (AP)**

### SOMALIA | FAR FROM HOME



MOHAMED DAHIR/AFP/GETTY IMAGES

**MAKESHIFT SHELTER:** A girl holds her baby brother inside a tent at a refugee camp outside Mogadishu, Somalia, on Monday. More than 96,000 civilians have fled their homes in the capital since insurgents launched an offensive against the government in May, the United Nations refugee agency said.

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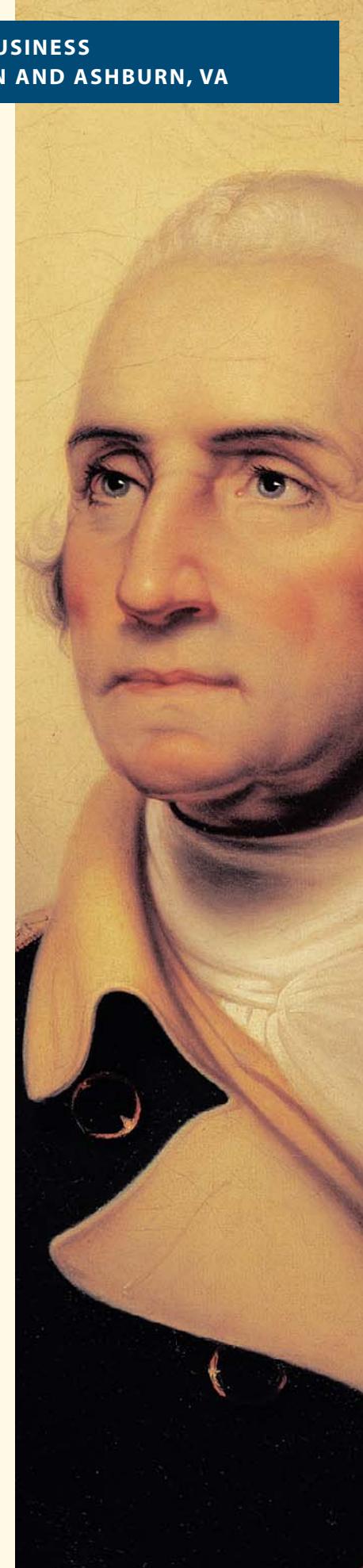
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## In Brief

BEIJING

**China Requires New PCs To Have Blocking Software**

China is requiring personal computers sold in the country to carry software that blocks online pornography and other Web sites, potentially giving one of the world's most sophisticated censorship regimes even more control over the Internet. The software's developer said Monday the tool would give parents more oversight of their children's computer access. (AP)



MOHAMED ZAATARIA/AP  
Lebanese supporters of the Western-backed coalition celebrate on Monday.

BEIRUT

**Western-Backed Coalition Defeats Hezbollah in Vote**

Lebanon's Western-backed coalition defeated Hezbollah and its allies, according to official results Monday that dealt a stunning setback to the Iranian-backed militants. Sunday's parliamentary elections posed the first major political test in the Mideast since President Obama called last week for a "new beginning between the United States and Muslims." (AP)

**BELFAST, NORTHERN IRELAND  
4 Real IRA Members Found Liable for Omagh Attack**

Four members of an Irish Republican Army splinter group were found responsible Monday for the worst terrorist attack in Northern Ireland after a landmark civil case brought by the families of the 29 people killed in the Omagh bombing. The court's determination that the men and the Real IRA group to which they belonged were liable for the 1998 car bombing brings some closure to the families. (AP)

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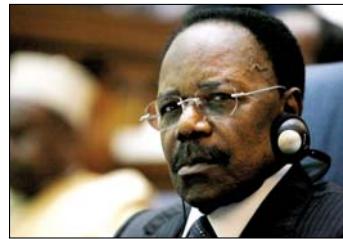
# Gabon's Leader Dies at 73 in Spanish Hospital

World's longest-ruling head of government was in power 42 years

LIBREVILLE, GABON | Gabon President Omar Bongo, the world's longest-serving president whose 42-year rule was a throwback to an era when Africa was ruled by "Big

Men," has died of cardiac arrest in a Spanish hospital. He was 73.

Gabon's government responded by announcing the closure of the country's international airport, and all of its land and sea borders. The mood in Libreville, the capital, appeared tense, as security forces took positions in front of key government buildings and electrical instal-



Gabon President Omar Bongo, shown in March 2008, died of cardiac arrest.

lations. People rushing to get home as soon as the news was announced caused huge traffic jams. Some residents hurried home with rice bags, apparently to stockpile food in case of possible store closures.

In Spain, doctors at the Quiron Clinic in Barcelona announced Bongo's death around 2:30 p.m. Monday, Gabonese Prime Minis-

ter Jean Eyeghe Ndong said. Bongo was admitted to the hospital last month. Only hours earlier, Ndong had declared the president "alive and well."

Bongo, who was thought to be one of the world's wealthiest leaders, became the longest-ruling head of government — a category that excludes the monarchs of Britain and Thailand — when Cuba's Fidel Castro turned over power to his brother last year. RUKMINI CALLIMACHI (AP)

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# Money

## Cell Phone Wars Heat Up

Apple reduces price of basic iPhone to \$99 ahead of Palm launch

SAN FRANCISCO | Apple Inc. slashed the entry price for an iPhone in half and rolled out laptops for \$300 less than previous models Monday, the company's first dramatic price cuts since the recession began a year and a half ago.

Apple unveiled a new model of the iPhone — the 3G S — that looks the same but will sport a faster processor, longer battery life and sought-after features such as an internal compass, a video camera and a photo camera with better resolution and auto-focus. A 16-gigabyte version of the 3G S will cost \$199 and a 32-gigabyte version will be \$299.

The 8-gigabyte iPhone 3G, which came out last year, now costs \$99, instead of \$199. When the iPhone debuted two years ago, eager Apple fans had to shell out \$499 for a 4-gigabyte version and \$599 for 8 gigs.

The iPhone news was the highlight of a two-hour presentation by Apple executives at their annual conference for software developers. Apple is known for ending these kinds of events with a last-



PAUL SAKUMA/AP  
Apple executive Phil Schiller leaves the stage at the Apple Worldwide Developers Conference in San Francisco Monday after introducing the Apple iPhone 3G S.

minute surprise, leading to some anticipation that CEO and co-founder Steve Jobs might make a cameo. But Jobs, who is due to return from medical leave at the end of this month, did not take the stage. Apple's top marketing executive, Philip Schiller, exited without uttering the company's signature line that there would

be "one more thing."

The latest iPhones go on sale June 19, just as two-year contracts for the buyers of the original models are expiring and Apple's phone faces tougher competition from the likes of Research in Motion Ltd. and Palm Inc., which just came out with the \$200 Pre smart phone.

JESSICA MINTZ (AP)

## GM Drops Medium-Duty Truck Lines

DETROIT | After unsuccessfully trying to find a buyer for four years, General Motors Corp. is giving up on its medium-duty truck business, saying that it will wind down manufacturing by the end of July.

That means GM will stop making the GMC Topkick and Chevrolet Kodiak commercial trucks at its Flint, Mich., assembly plant by July 31. The plant

employs 2,100 people but also makes Chevrolet Silverado and GMC Sierra pickups.

Company spokesman Jim Hompson said 398 people work on the medium-duty assembly line, and GM is working with the United Auto Workers union to determine what will happen to them.

"We'll continue to try our best to keep the employment levels as high as possible," he said. (AP)

### HEARSAY | AIRLINES

**"There is no modern precedent for today's economic meltdown. The ground has shifted. Our industry has been shaken."**

—GIOVANNI BISIGNANI, CHIEF EXECUTIVE OF THE INTERNATIONAL AIR TRANSPORT ASSOCIATION. THE IATA PREDICTS THE AIR INDUSTRY WILL LOSE \$9 BILLION IN 2009.

# \$8.7B

THE COST of a rail tunnel that will be built under the Hudson River to connect Manhattan and New Jersey. Construction on the 8.8-mile-long tunnel began Monday. The Obama administration will provide \$3 billion for the project. (AP)

## Naval Academy Frosh Class Hits Diversity Record

ANNAPOLIS, MD. | The U.S. Naval Academy's incoming class will have a higher percentage of minorities than any other in history, the superintendent said Monday.

Vice Adm. Jeffrey Fowler, who has made diversity a top priority, said minorities will make up about 35 percent of the Class of 2013. That's 7 percent more than the Class of 2012, which had the most minorities up to that point.

The aim is to increase the ranks of minority officers in the Navy.

The academy has seen a big increase in the number of black students — from about 6 percent in the Class of 2012 to about 10 percent for the incoming class. The number of Hispanic students is more than 14 percent in the Class of 2013, up from more than 10 percent the year before. (AP)

## The Lotteries

Monday, June 8

### DISTRICT

Mid-day Lucky Numbers	6-7-1
Evening Lucky Numbers (Sun.)	9-1-0
Mid-day DC 4	1-7-4-6
Evening DC 4 (Sun.)	8-6-3-3
Rolling Cash Five (Sun.)	2-9-10-14-35
Daily 6 (Sun.)	4-6-9-35-36-38 (14)

### MARYLAND

Mid-day Pick 3	5-7-5
Evening Pick 3 (Sun.)	9-3-1
Mid-day Pick 4	1-6-2-4
Evening Pick 4 (Sun.)	3-4-0-3
Match 5 (Sun.)	4-6-11-27-33 (25)

### VIRGINIA

Mid-day Pick 3	0-3-3
Evening Pick 3 (Sun.)	0-5-4
Mid-day Pick 4	4-5-3-0
Evening Pick 4 (Sun.)	9-9-4-6
Mid-day Cash 5 (Sun.)	10-18-20-21-27
Evening Cash 5 (Sun.)	10-19-23-26-29

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

# Judgment Day for Va. Candidates

Democratic hopefuls for governor's house court black voters late

The three men seeking the Democratic nomination for governor of Virginia continued their final push across the state Monday in the sprint before Tuesday's primary.

Voters will choose among state Sen. R. Creigh Deeds, former Democratic National Committee chairman Terry McAuliffe and former Alexandria delegate Brian Moran.

Moran concluded his weeklong "Fighting for Virginia" tour with a pre-election rally at Market Square in Alexandria. Deeds spent the day hosting get-out-the-vote rallies in Southside and Southwest, including stops in Danville, Martinsville, Bristol and Roanoke.

McAuliffe started his day at an International House of Pancakes in Norfolk and then appeared in front of 100 enthusiastic supporters at a coffee shop near Virginia Commonwealth University in Richmond.

### VIRGINIA PRIMARIES | THE THREE HOPEFULS



**TERRY McAULIFFE:** He surprised some by stepping out of Washington politics and into the Virginia governor's race. McAuliffe established his mastery of state issues and gained momentum with his energetic jobs pitch. However, his background of mixing business with politics has alienated some voters.



**R. CREIGH DEEDS:** He was seen as a distant third early in the primary race but has surged in recent weeks. As a state senator from Bath County, he is uniquely positioned to appeal to voters in the state's rural reaches. His reputation as a moderate in favor of gun rights has hurt him among some liberals.



**BRIAN MORAN:** A former state delegate from Alexandria, Moran will likely draw strong support from this liberal enclave. His brother, Rep. Jim Moran, D, is popular in this community, and he has campaigned to the left of his primary opponents by opposing new coal plants and promoting gay rights. (TWP)

Competing for the chance to oppose Republican Robert F. McDonnell in November, the candidates swept through the state's suburban north and rural southwest over the weekend, rallying with door-knocking volunteers, greeting voters at pizza parlors and barbecue joints, and dropping by house parties.

In a race without a clear frontrunner, Deeds, McAuliffe and Moran have touted endorsements from civil rights leaders and black newspapers, mailed thousands of fliers and competed on the radio for support in areas that are not a natural base for any of the three.

They have crafted messages targeting black voters — who

accounted for an estimated 30 percent of the Democratic primary vote in 2008 — with promises to reduce childhood obesity, spur economic renewal in the urban areas of Richmond and Norfolk, and restore voting rights to nonviolent felons.

ANITA KUMAR AND ROSALIND S. HELDERMAN (THE WASHINGTON POST)

## D.C. Fire Chief Allows Nationals' Fireworks

WASHINGTON | When debris from fireworks fell on the fire chief at a Washington Nationals game, the chief called a halt to the pyrotechnics. Now, after a meeting Monday between the team and fire department officials, the fireworks will be allowed to resume.

The department in a statement that new safety measures will be put in place to protect spectators, and that the fireworks will resume during Tuesday's game against the Cincinnati Reds.

The Nationals had been launching fireworks during the national anthem, after home runs and wins, and after every Friday game —



Fireworks were banned at Nats Park after debris fell on D.C. Fire Chief Rubin.

until some debris landed on city Fire Chief Dennis Rubin during Sunday's game against the New York Mets. (AP)

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# Sports

## Swengali

THE NATIONALS | BY MATT SWENSON

### It's Time for the Nats to Pay Up

SOAK IT UP, Washington.

For one day, the Nationals are going to be the envy of every major league team.

Stephen Strasburg is going to be hailed as the next great fireballer — and he'll be wearing a curly "W" on his hat.

That is, after a problematic negotiating round. The San Diego State pitcher wisely hired Scott Boras as his agent. Boras will get him a record deal — and the Nationals have to pay.

Having let Aaron Crow come and go unsigned last year, Wash-

**Surely, the Lerner family must be asking, 'How much is too much for this kid?'**

ington could ill afford to fail to sign Strasburg if he was the 10th pick, let alone the top pick. Speaking of 10th, the Nats are also choosing from that position as compensation for the Crow incompetence.

Surely, the Lerner family must be asking, "How much is too much for this kid?" Is it \$20 million or \$50 million, a preposterous sum Boras floated months back?

There's little chance Strasburg will be worth the cash. Pitchers rarely work out; just ask the Orioles, who took the coveted Ben McDonald in 1989.

Yet the Lerners have no equity in D.C. or Major League Baseball. They've built the worst team money can buy. It's their time to step up to the plate and show they're ready for the big leagues. They'll overpay to do it, but what choice do they have?



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# The Nats' Chosen One

Stephen Strasburg brings high heat, huge hype to the table as Washington preps for key draft

NATIONALS | Eyes staring past the batter and into the catcher's mitt, Stephen Strasburg rocked back and threw. Like so many of his previous pitches — in the game, in the season, in his life — the ball whizzed past the overmatched hitter.

Strasburg screamed, spiked his glove into the grass and leapt recklessly into the arms of his catcher charging toward the mound. Game over. Seventeen strikeouts. No-hitter. The party was on.

It is exactly that brand of euphoric, pileup-on-the-mound celebration that the Washington Nationals envision Strasburg bringing to the nation's capital. Barring a major surprise, acting general manager Mike Rizzo will submit the 20-year-old San Diego State junior's name as the first selection in Tuesday's draft.

"I'm not trying to hide anything or avoid the question," Rizzo said last month. "If the draft were today, Strasburg would be the player."

Strasburg has been called the most talented college pitcher in years by many scouts. Some have called him the best ever.

He's been atop the Nationals' draft board since before the season began, and every pitch he's thrown has been scrutinized. His fastball regularly hits 100 mph, contrasted nicely with a sharp curveball. When he struck out 23 batters in a game as a sophomore, he hit the radar screen. As a junior, Strasburg went 13-1 with a 1.32 ERA in 15 starts. He struck out 195 batters and walked only 19 batters.

**“I'm not trying to hide anything or avoid the question. If the draft were today, Strasburg would be the player.”**

—NATIONALS GENERAL MANGER MIKE RIZZO,  
TALKING ABOUT STEPHEN STRASBURG LAST MONTH

**103**

The speed, in mph, of Strasburg's fastest pitch, just 1.8 mph less than the fastest ever in MLB (the Tigers' Joel Zumaya owns the record). Hall of Famer Nolan Ryan's fastest toss was 100.9 mph, according to *Baseball Almanac*.

#### A STELLAR RESUME

Why is Stephen Strasburg so heralded? Credit his white-hot resume, which put him in an elite class:

**1 NO-HITTER** On May 10, Strasburg threw a no-no for San Diego State against Air Force.

**2 OLYMPIC PLAY** In 2008, he was the first college player to be named to the U.S. Olympic team since the decision was made to use minor leaguers beginning in 2000. He went 1-1 with a 2.45 ERA in Beijing.

**3 SOLID STATS** In 15 starts this year, Strasburg was 13-1 while striking out an NCAA-high 195 hitters and walking only 19 batters over 109.5 innings.

**4 STRIKEOUT KING** As a sophomore, Strasburg struck out 23 hitters in a win over Utah on April 11, 2008. It was the third-most strikeouts ever in a college game and the most since 1981.

**5 ATHLETIC FRAME** Coming out of high school, Strasburg could throw 90 mph, but he was out of shape at 250 pounds. A strict workout regimen cut the 6-foot-4 ace down to 220 pounds and increased his fastball's velocity.



GETTY IMAGES

Drafting Strasburg is easy. Signing him could prove to be more difficult. He is represented by agent Scott Boras, and there are reports that he will seek a record-breaking contract near \$50 million.

Rizzo insists signability will not affect the club on Tuesday, even though its inability to sign last season's No. 9 pick, pitcher Aaron Crow, left the Nationals with the 10th pick in this draft as compensation. It's the first time an organization has had two picks among the first 10 selections in a draft, and it could be a seminal moment in the effort to turn around the floundering franchise.

"It's been well chronicled," Rizzo told reporters on Sunday. "It's a very important draft because whenever you pick in the top of the rounds in every round, it's really important. Picking first and 10th is, I guess, historic because it's never been done before and it's very important." DEREK TURNER



**GOLF Course Work** Tiger Woods returned to the Black Course at Bethpage on Monday, tuning up in preparation for his U.S. Open title defense. Woods made a detour on his way home from winning the Memorial in Ohio a day earlier, playing 18 holes with swing coach Hank Haney. Newsday reported that several dozen golfers who planned to play at Bethpage State Park's four other courses spied the world's No. 1 player and immediately pulled out cell-phone cameras to take photos of him. (AP)

# Sports



Penguins goaltenders Mathieu Garon, left, and Marc-Andre Fleury chat during practice on Monday. Fleury will be back in the net Tuesday against the Red Wings.

## Penguins: Game 6 Has Different Feel

Detroit looks to win Cup in Pittsburgh for 2nd-straight year

**STANLEY CUP** | The series score is the same, and so is the opponent and the location, yet this Game 6 has a distinctly different feel to the desperate Pittsburgh Penguins.

Back home after a 5-0 drubbing in Detroit on Saturday, the Penguins face the prospect Tuesday night of watching the Detroit Red Wings skate around with the Stanley Cup at their home rink for the second straight year.

"I really believe it's not over. I really look for that Game 7, but at the same time we've got to be ready to just play the game and not worry



about it," Penguins goalie Marc-Andre Fleury said Monday.

Pittsburgh trailed the Red Wings 3-2 in the finals in 2008, but the Penguins were coming off an emotional triple-overtime victory in Detroit that made Game 6 necessary.

Now they are trying to shake off a rout that ended a two-game winning streak built at home.

"Mentally, I think we're in a different situation," forward Max Talbot said. IRA PODELL (AP)

### TODAY'S TV LINEUP

**NBA FINALS (9 P.M. ON ABC)** The Lakers can take a commanding 3-0 lead over the Orlando Magic.

**STANLEY CUP (8 P.M. ON NBC)** The Red Wings can win the NHL title with a victory over the Penguins.

**NATIONALS (7 P.M. ON MASN2)** An

hour after Stephen Strasburg is drafted, the lowly Nationals host the Cincinnati Reds.

**ORIOLES (7 P.M. ON MASN)** Ichiro leads the Mariners against the Orioles.

**WNBA (7 P.M. ON ESPN2)** The Seattle Storm visits the Indiana Fever.

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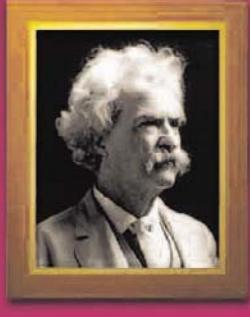


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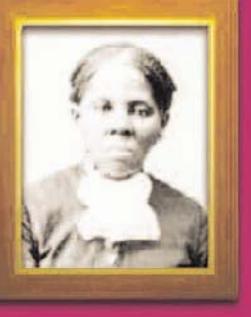
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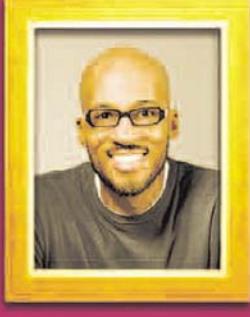
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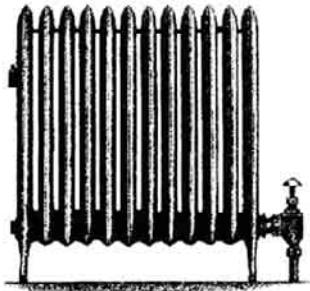
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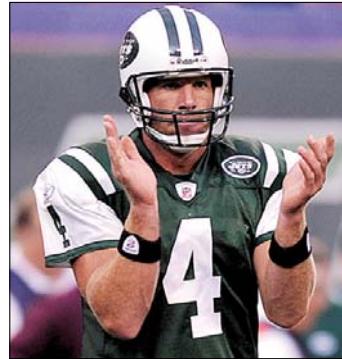
# Sports

## Vikings Give Favre Deadline to Pick

Team wants to know this week whether QB will play this season

**NFL** | The Minnesota Vikings reportedly have told Brett Favre to decide this week whether he wants to play this year.

ESPN says coach Brad Childress imposed the deadline on the star quarterback. The network cited two unidentified sources Monday on its Web site.



PRESTON KERSEY/TWO

Brett Favre is reportedly mulling yet another comeback try for this season.

ESPN has said that Favre had arthroscopic surgery last month on his ailing right shoulder, a sign he may consider making another comeback.

When Favre retired in February for the second time, he blamed a partially torn biceps tendon for his poor play late in the season.

He said his health was the main reason behind his decision.

Childress and Favre's agent, Bus Cook, did not return messages from The Associated Press. (AP)



**REDSKINS Scratch 'N' Play** The Washington Redskins are a lottery team, albeit one with no pingpong balls to worry about. The Redskins and the Virginia Lottery on Monday unveiled a \$20 scratch-off ticket featuring the team's logo, taking advantage of a new NFL rule that allows teams to sign licensing deals with state-sponsored lotteries. (AP)

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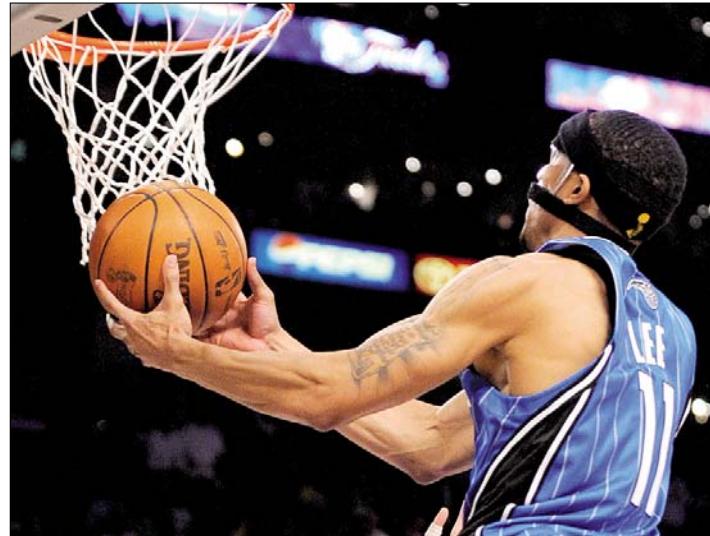
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# Magic Is Down, Not Out

Van Gundy: Finals comeback is possible despite a 2-0 deficit

**NBA FINALS** | The situation appears bleak, with his Orlando Magic becoming the 31st team to go down 0-2 in the NBA Finals. But coach Stan Van Gundy didn't have to search hard to find a source of inspiration for his team to rally around as its readies for Tuesday's Game 3 against the Lakers.

Only three teams in that position have come back to win an NBA title, but Van Gundy was part of — on the payroll, at least — the last team to pull it off, the 2006 Miami Heat.



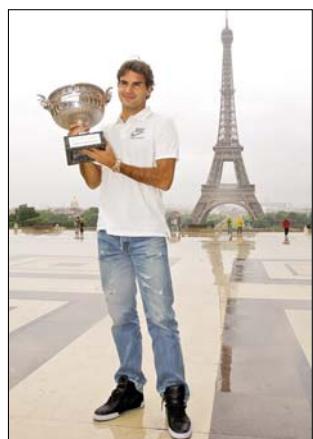
Orlando's Courtney Lee's open layup rimmed out in Sunday's game in Los Angeles.

"I've seen series turn," said Van Gundy, who served as a consultant to Pat Riley after stepping down as coach in December 2005. "I was still in Miami — not doing a thing, but I was still in Miami — in 2006 when they lost both games in Dallas and then were way down in the third quarter in Game 3 at home, came back and won that one. Dallas never won another game."

Courtney Lee's blown layup in the final 0.6 second of regulation on Sunday conjured up memories of Nick Anderson's missed free throws in Game 1 of the 1995 NBA Finals, when Houston swept Orlando. The Magic has now lost its first six NBA Finals games, — the second-longest streak before a franchise's first victory behind the Baltimore/Washington Bullets (nine games).

MICHAEL LEE (THE WASHINGTON POST)

**TENNIS | AN EYEFUL**



CHRISTOPHER A. JAP

**TROPHY TOUR:** Roger Federer poses near the Eiffel Tower on Monday after winning the French Open. With Rafael Nadal's injured knee in question, Federer may be the favorite to win Wimbledon.

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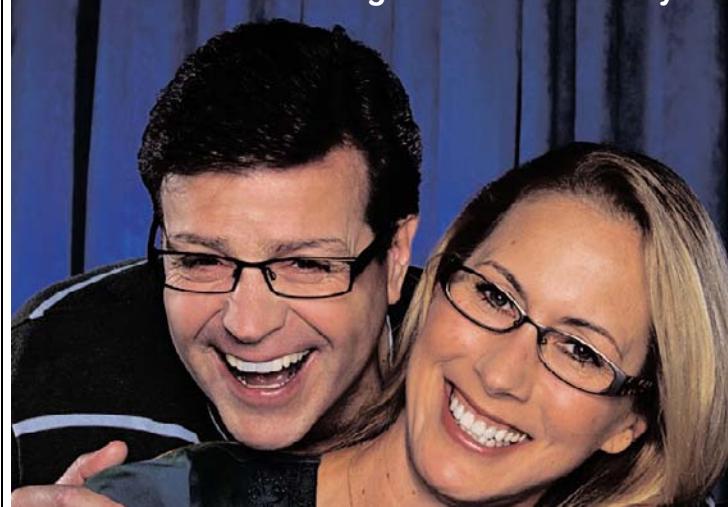
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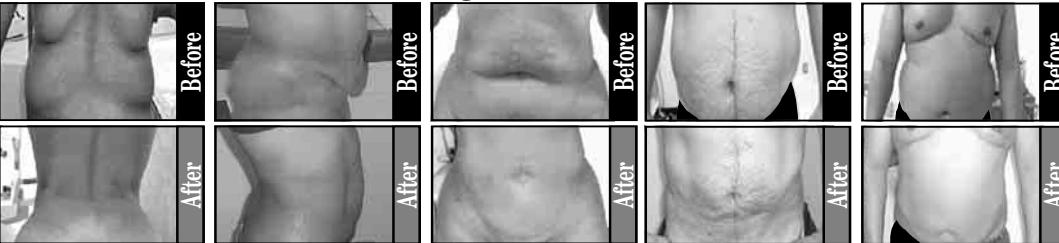
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# fit



Before you down those wings, try this recipe makeover **E6**

**E7**

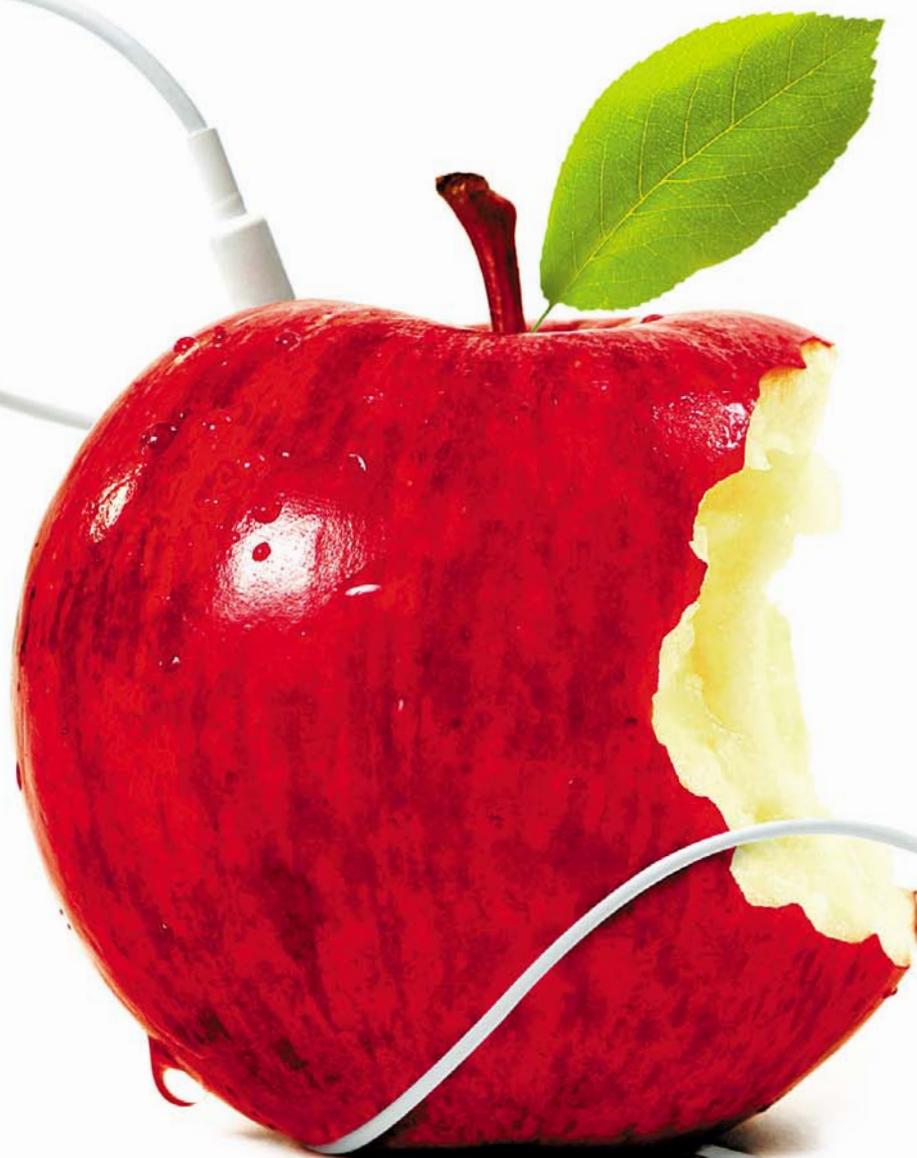
What goes in your body must come out — in some way



Walk a very fine line for a better body and a focused mind **E5**

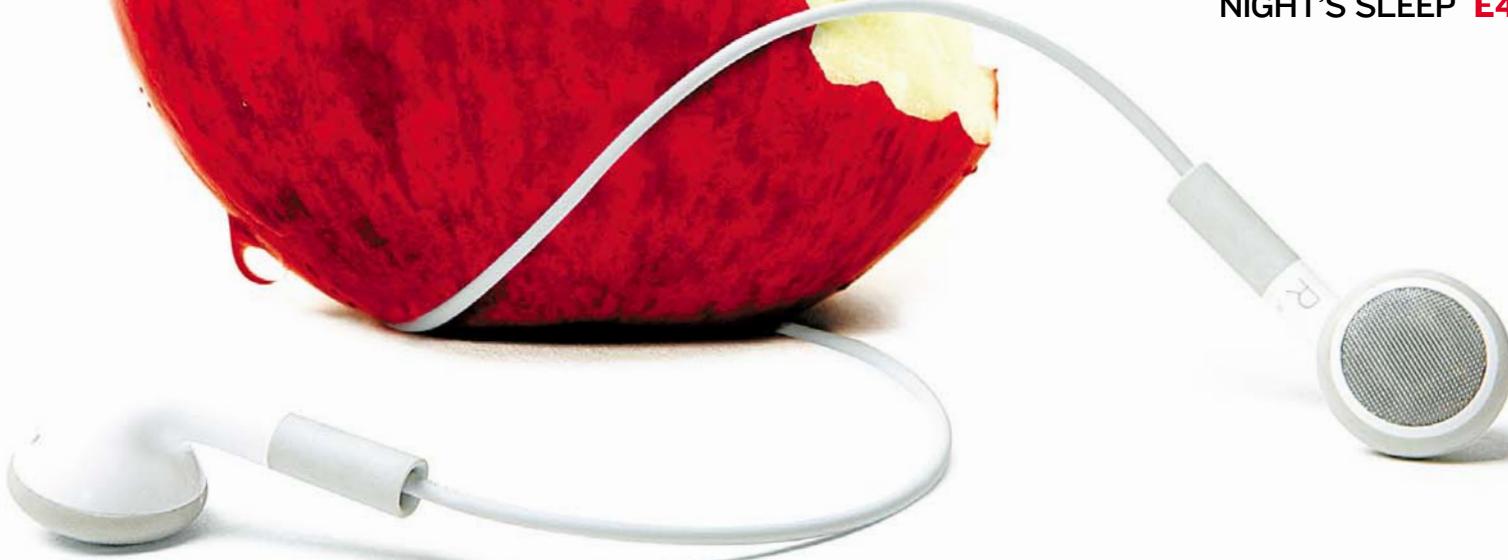
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# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

## Approaching Therapy With Kid Gloves

**Q** Is there such a thing as Barney the dinosaur therapy for adults (i.e. a non-threatening form of therapy)? My boyfriend keeps a lot of his past under wraps. I know that there is a lot that is bothering him, but he won't talk to me about it, and he won't talk to anyone else, either.

— HE NEEDS HELP

It makes sense that some of the people who could most benefit from therapy are also the ones who have the hardest time seeking it out. In fact, the idea of opening up to someone — let alone a stranger, who possibly has a notepad — can be downright horrifying.

But the good news is, helping



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create a forum that feels safe and noninvasive is something that therapists are trained to do. Many times, making the appointment, showing up and sitting down for the first 10 minutes are the biggest obstacles of all.

That's not to say that it will always be easy, but if you get a good, competent therapist, your boyfriend should not run out screaming. (Unless, of course, he or she actually does use Barney the dinosaur.)

## Stop Waiting by The Telephone

**Q** I met this incredible person. We live in different states, started out as friends and decided to date. He always told me how much he misses me and loves me, and that I was too good to be true. I wanted to enter the next level in our relationship, but he never really stepped up, and we fought. Recently, we decided to get back together and start fresh. But I have not heard from him. I called many times, e-mailed him and Facebooked him. It is not like him — he always returned my calls within two to three days. What did I do wrong? Do you think he met someone? Did he change his mind? Should I leave him, though I know I won't find anyone like him minus his recent annoying behavior? — PLEASE HELP!

Like my teenage telemarketing gig, this quickly went from bad to worse.

The most important signs you

have to go on are in the here and now, and those are that he's not responding to your pleas after fighting about the level of commitment. I can't know what his specific reasons are for not responding or what his reservations are about moving forward. But regardless, it seems that he's not willing to do so. At the very least, he's not putting forth the effort that would be needed to keep a relationship going.

And you're doing yourself no favors by saying that you won't find anyone like him minus his annoying behavior. He is who he is, and you can't pick and choose pieces of him to airbrush out — he's showing insensitivity to your feelings by leaving you hanging. Don't torture yourself by waiting for someone who doesn't deserve you. You didn't do anything wrong but pick someone who isn't, in the end, compatible.

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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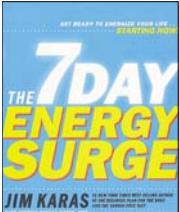
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### CEREAL THRILLER

"What's on tap for breakfast, Dear?" "I'm going Bear Naked!" Ah, just imagine the awkward morning moments inspired by the granola company's foray into cereal with cranberry raisin and banana nut blends (\$4.49). The flakes are a tad sweet and joined by dried fruit for a satisfying crunch.



### PITCH A PALACE

REI's Kingdom Tent (\$299, [Rei.com](http://Rei.com)) gives campers two separate rooms, which is about as regal as it gets in the wilderness. But while there are "private" entrances to each compartment, you'll know everything the entire royal family is up to. Also inside: loads of organizer pockets.



### DRINK TO THAT

CLIF has always specialized in bars, but it had a drinking problem — in that it didn't sell beverages. With the debut of CLIF Quench in four fruity flavors (\$1.49), that's changed. The sports drink boasts 88 percent organic ingredients, 45 calories per serving and an eco-friendly recycled bottle.

### GUINEA PIG



## The Definition Of Socks Appeal

■ Kids rarely express an interest in sock technology careers, but someone must have grown up fascinated by foot wetness issues. How else do you explain the existence of Drymax Hyper Thin Running Socks (\$9.45, [Onetri.com](http://Onetri.com))?

Instead of simply wicking sweat, the dual fabric design sucks moisture away from the bottom layer of fibers and toward the top layer. We're not entirely sure how that's possible, but it kept our tootsies remarkably dry during a 7-mile jog.

Other technologies also passed our test: An anti-slip wedge kept the fabric from sneaking into our shoes, the flat toe seam made for a comfier fit, and the "active odor control" prevented outrageous stench. Don't believe us? Drymax is so sure it'll knock your socks off that there's a money-back guarantee. VICKY HALLETT (EXPRESS)

### POWER SHIFT

Skip the caffeine and load up on deep breathing, strength training and sex instead — that's the message behind "The 7 Day Energy Surge" (\$26, Rodale) by Jim Karas. He'll tell you what to avoid (crunches, avocado) and what to embrace (balsamic vinegar, music) to perk you up in a week.

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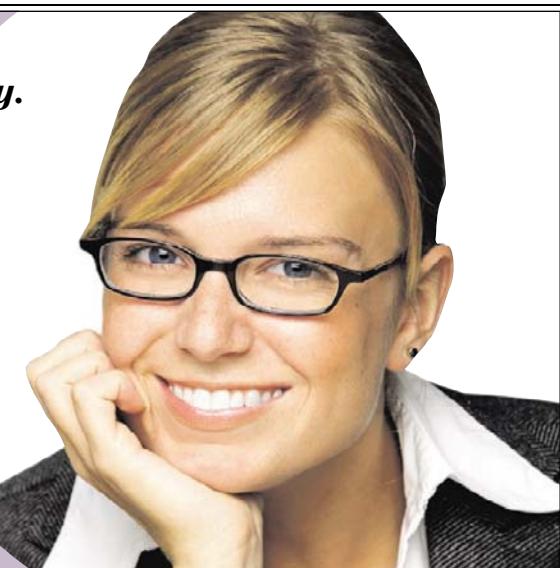
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# fit | Phys Ed

## MAIN EVENT



### Use your cell to pump your muscles and plan your diet

Sure, the iPhone can make calls, but can it make over your body? We tested 50 health and fitness applications on the tech set's favorite gadget to see what has the magic touch. Here are our favorites.

#### FITNESSBUILDER

**(PUMPONE, \$19.99)** Released in April, it's admittedly pricey. But the app, which bills itself as "the world's largest exercise library," boasts 400 ready-made workouts and 4,000 exercise images. You can view any exercise with a male or female trainer, and you can search exercises by muscle group or equipment and then play a video to see it performed. Just prepare to be overwhelmed. Want to strengthen your lower back? You'll have 47 options.



#### IFITNESS

**(MEDICAL PRODUCTIONS, \$1.99)** It's a similar concept but more limited — or manageable, depending on your point of view.

There are very clear two-step pictures and instructions for more than 160 exercises. Double tap the photos to read instructions and learn which muscles you're working. And, as with "Fitness-Builder," you can log workouts and track your progress.

#### HUNDRED PUSHUPS

**(SOFTWAREX, \$1.99)** This simply asks you to enter the number of good-form push-ups you can do today and then creates a six-week program for reaching 100. You'll start with short sets with minute-long rest intervals and gradually up your numbers. The company also offers "200 Sit-Ups," "20 Chin-Ups" and its brand-new program "200 Squats."

## Walk a Mile With Style — and Ruby

■ The Hope Diamond had better watch out. There's a new gem coming to town. And visitors will be even more impressed with her size.

Ruby Gettinger, who weighed nearly 500 pounds when filming of her eponymous Style Network hit began, has whittled herself down to less than 350 pounds for the first time in her adult life. She's showing off her progress—and, hopefully, preventing more overzealous fans from taking road trips to her Savannah, Ga., home—by embarking on a nationwide walking tour.

Her second stop is this Saturday at 9 a.m. in Georgetown (at 37th and O streets NW). "We're going to walk 1 mile because that's exactly what I can walk," says Gettinger, who recalls not too long ago getting winded by five-minute strolls. After tiring out her legs, she has big plans for her arms: "I'm going to hug everybody." (She's sticking around until 2 p.m.)

If you miss the walk, just stay tuned for the second season of "Ruby," starting July 5. Gettinger promises glimpses of her doing things she never thought possible, including getting in a kayak.

VICKY HALLETT (EXPRESS)

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# iPhone, Therefore iFit?



Check your form while squatting at the gym with "PumpOne," below, or get guidance on a mat practice with "Yoga Trainer Lite," above, just two of the hundreds of iPhone apps geared toward improving health and fitness. New ones debut every day.

#### YOGA TRAINER LITE

**(NEXSTUDIOS.JP, FREE)** This offers a daily warm-up that prompts you to hold yoga poses for 45 seconds each. But even with the app's FAQ, you'll want some basic yoga experience before taking this on — the crane pose, or bakasana, is definitely not

for beginners. The other downside: There are only 10 poses.

#### PEDOMETER

**(LUMINANT SOFTWARE, \$2.99)** This does what you might expect — it tracks steps, distance, average speed and calories burned. And

it can do it while the iPhone is in your hand or pocket. It also has a built-in stopwatch, a smart lock feature that prevents you from accidentally touching buttons and a clear screen with big, bright, easy-to-read numbers.

#### WEBMD MOBILE

**(WEBMD, LLC, FREE)** This could keep hypochondriacs occupied for days with its wealth of information on symptoms, treatments and basic first aid. The Identify a Pill section, where you enter the pill by shape, color and imprint, was a bit of a letdown — it got only one out of four right in our test. But it's still a great option when dealing with minor medical mishaps such as stings, sunburns, sprains and strains.



#### LOSEIT!

**(FITNOW, FREE)** This app has developed a sneaky way to limit your food intake. It keeps you so busy playing with its lists of food items you don't have time to eat! Here's how it works: You enter your current weight and your ideal weight, and it sets up a daily caloric budget. Then you enter food consumption and exercise. You can select from a giant list of supermarket brands from Alouette cream cheese to Zen Soy Banana Pudding, and it knows the calories of menu items at several dozen chain restaurants. Watch out if you want to put a banana in your morning oatmeal, though. A search on the fruit yields five options: fresh slices, small, medium, large and extra large, each with corresponding measurements.



#### ELECTRIC SHEEP

**(DENKIHTSUJI.COM, FREE)** This probably won't change your life, but the little sheep jumping a fence to help you fall asleep are pretty adorable. You can adjust the animals' speed and add cool Japanese sheep-counting sounds. Also frivolous but fun: **EIGHT GLASSES A DAY** (EMBLEM DESIGN GROUP, FREE), which sets out eight glasses of water you can tap as you hydrate to watch the liquid level recede.

MELANIE D.G. KAPLAN



While walking on a slackline like Joel Steinberg, right, might seem scary, he says the activity is actually very meditative.

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# A Life in the Balance

## A peek into the wacky, wobbly slacklining world

Plenty of people walk around or stretch out while enjoying a lazy Sunday afternoon in Meridian Hill Park, but Joel Steinberg does it along a rope strung between two trees.

He's practicing the sport of slacklining, which resembles tight-rope-walking, except that — as the name implies — the line isn't taut, creating a greater challenge and a little bounce. (It also allows for advanced tricks like "surfing," moving the rope from side to side.)

"I'm kind of a little bit addicted to it," says Steinberg, who's been at it for the past four years and leads Washington's community of enthusiasts.

The group, which numbers anywhere from 10 to 20 depending on the day, gathers at about 4 p.m. to set up their lines (made of flat webbing, like the kind climbers use) and experiment with tricks. For some, that means a running jump mount, while others struggle

to stick a second foot on the line without falling.

"Everyone's welcome," Steinberg says. "I give tips and pointers, but the best way is just to learn by doing, like anything."

For beginners, it's all about concentration and focusing on the moment, he explains. Steinberg's standard advice: "Breathe. Relax."

Injuries are fewer than observers might expect. The line is normally just a few feet off the ground, so the inevitable clumsy stumbles result in bruised egos more than anything else.

Once newbies finally manage to stand for a few seconds, they start to notice how little adjustments to their posture radically affect their balance. Even moving a finger might shift them to one side. And then there's the power of the lower abdominals. "Connection to your center — that's what balance is all about," Steinberg says.

Not that you have to be in perfect shape to attempt slacklining, but its adherents swear that it's good exercise.

"It's a total-body workout," says

Maria Quinones-Phiegh, a Los Angeles resident who runs the Web site Slackline.com (which boasts the motto "Leading the Balance Sport Revolution").

The legs, particularly some of the smaller muscles, get the brunt of the action, but Quinones-Phiegh points out that the upper body feels the burn, too. Just holding your arms out to the side long enough is a solid workout.

Its popularity may be fledgling here in D.C., but slacklining has been around since the 1970s, when rock climbers at Yosemite were looking for a new way to spend their downtime at camp.

From there, it spread across the world, finding its largest footholds in California and Europe. The first international slacklining competition was in Scotland last year, and slacklining will be included in France's Natural Games later this month.

But even if you're only doing it in Meridian Hill Park, Quinones-Phiegh says you're doing it with the best possible company: "Slacklining gets you in touch with yourself on so many levels." AMANDA ABRAMS

# Make Happy Hour Healthier

When salty, fatty foods beckon, feed your face with these made-over recipes

Your friends order nachos at happy hour, you tell yourself you'll have just a few, and then you find yourself diving in with abandon. Sound familiar?

You'll be happy (or disgusted) to learn that your willpower never stood a chance against that gooey plateful of temptation. See, those nachos — and dozens of other sinful eats — have been scientifically engineered to make you want to eat more and more, says former FDA commissioner David A. Kessler, in his new exposé, "The End of Overeating: Taking Control of the Insatiable American Appetite."

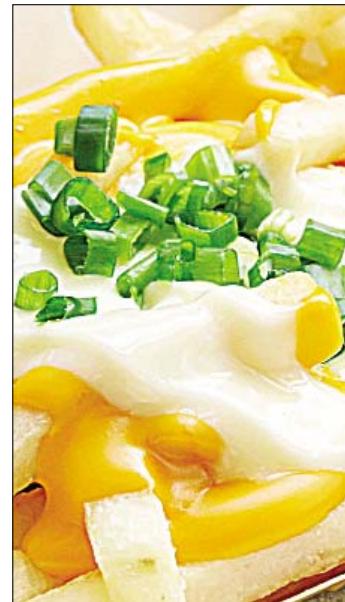
Here's how this deviousness works: Humans have what food-industry insiders call a "bliss point," a nirvana of the taste buds triggered by particular amounts of salt, sugar and fat. Menu scientists (yes, that's a job!) at popular restaurant chains and packaged-food corporations use their knowledge of the bliss point to manipulate your appetite, adding salt, sugar and fat to their products in combinations designed to create hedonism on a plate — a taste experi-



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**BAR EXAM:** Pub grub like spinach dip, wings and cheese fries is the dietary equivalent of a drug. Your rehab is these recipes.

ence so intense that it kicks the brain's pleasure system into overdrive. It's like a drug. And like any drug, it leads you to obsess about that moment of pleasure so much that you'll do almost anything to prolong or relive it. The result: a bigger bottom line for them — and a bigger waistline for you.

In his book, Kessler identifies the worst restaurant-menu offenders — classics such as cheese fries and buffalo wings. Since we think you should be able to indulge a craving without it careening into

an eating frenzy, we got chef Kerry Neville, a rep for the American Dietetic Association, to create healthy but satisfying DIY versions of those fat traps. These recipes let you enjoy your favorite snacks without overdosing on fat, sugar, salt and guilt.

## Cheese Fries

Slice potatoes, toss them in olive oil and seasonings other than salt (such as black pepper or garlic powder), and bake them on a foil-lined cookie sheet at 450 F until they're

tender and brown (about 30 minutes). For a low-fat cheese sauce, whisk  $\frac{1}{4}$  cup of flour with  $\frac{1}{4}$  cup of fat-free milk. Then heat another cup of fat-free milk over medium heat. Add the flour/milk mixture and stir until it thickens. Remove from heat and add a dash each of dry mustard, cayenne pepper and salt, and  $\frac{1}{2}$  cup of low-fat cheddar cheese. Stir until the cheese melts, and then pour over the fries.

## Buffalo Wings

Marinate chicken tenders (much

leaner than wings) for an hour or so in a mix of low-fat buttermilk and a few teaspoons of hot sauce, and then dip them in a mixture of equal parts whole-wheat and white flour. Instead of deep-frying, sauté the chicken in 1 tbsp of olive oil. Serve the "wings" alongside celery and carrot sticks with reduced-fat blue-cheese dressing. If it's the sauce you crave, skip the chicken and dunk the veggies.

## Spinach Dip

Defrost a box of frozen spinach, squeeze out the extra liquid, and chop. Mix with one finely chopped onion, 1 tsp of red pepper flakes and 2 cups of fat-free plain yogurt or nonfat sour cream. Add finely chopped vegetables, like carrots, along with chives and any other herbs you like. Instead of serving on salty chips, put it in a bread bowl: Hollow out a whole-wheat round loaf and cut the insides into cubes for dipping.

## Chicken Fingers

Cut some lean skinless chicken breast into finger food-size pieces. Smash a cup of corn flakes and mix it with Parmesan cheese, garlic powder, and salt and pepper to taste. Dredge the chicken in whole-wheat flour, dip in a beaten egg, then coat with cereal mix. Place on a baking sheet coated with cooking spray and pop it in a 400 F oven for 15 minutes. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)

## EATING IN

### Whole-Wheat Pizza Dough

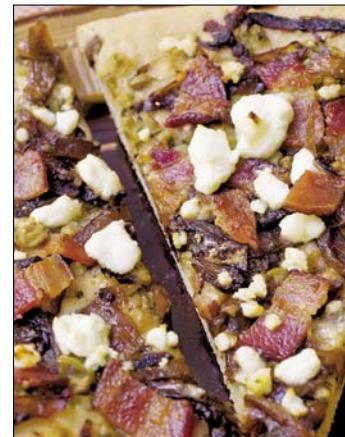
TOTAL TIME: 1 HOUR, 40 MINUTES; SERVINGS: 6

**INGREDIENTS:** 3/4 CUP lukewarm water (about 110 F); 2 TSP active dry yeast; 1 TSP sugar; 1/2 TSP salt; 1 1/3 CUPS whole-wheat flour; 2/3 CUP all-purpose flour, plus additional for dusting; 1 TBSP walnut, canola or vegetable oil, plus additional for greasing

**1. IN A LARGE BOWL** or in the bowl of a stand mixer, stir together the water, yeast, sugar and salt. Set aside for five minutes, or until the yeast has bubbled and foamed. If it doesn't foam, start again with fresh yeast and check that the water isn't too hot.

**NOTE:** If working by hand, stir both flours and the oil into the yeast mixture until a soft dough forms. Lightly dust a clean, dry work surface with all-purpose flour and turn the dough onto it.

**2. Knead** by holding the dough with one hand, stretching it with the other,



LARRY CROWLEY

and then pushing the heel of the holding hand into the mass. Knead for 10 minutes, or until the dough is smooth and elastic. If the dough gets sticky, add 1 tbsp of all-purpose flour.

**NOTE:** If using a mixer, attach the dough hook and the bowl to the mixer. Add both flours and the oil to the yeast mixture. Mix on medium until combined. Knead on low until smooth and elastic, about eight minutes. If the dough gets sticky, add 1 tbsp of all-purpose flour.

**3. Using a paper towel**, coat a large bowl with oil. Place the dough in the

bowl, turning to coat all sides.

**4. Cover the bowl with plastic wrap and set aside in a warm, draft-free place until doubled in size, about 1 1/2 hours.**

**5. When ready to bake the pizza, divide and roll out the dough as desired.**

(RECIPE FROM "PIZZA: GRILL IT, BAKE IT, LOVE IT" BY BRUCE WEINSTEIN AND MARK SCARBROUGH, WILLIAM MORROW, 2009 — REPRINTED BY AP)

**160 calories, 6 g protein, 30 g carbs, 3 g fat, 0 mg cholesterol, 196 mg sodium, 4 g fiber**

## Wellness | fit



Hugh Pocock's blocks will be on display through Aug. 16 at a museum in Baltimore.

# What a Waste

## An exhibit looks at what it takes to fuel the body

On the average day, Hugh Pocock burns just less than half the 8 pounds of food he eats and wastes the rest.

The process of uncovering this specific bit of information about his own machinery involved meticulous weighing of all that went in his mouth and all that came out the other end for 63 days, calculating the difference and logging the findings.

An artist and professor at the Maryland Institute College of Art, he wanted to learn specifically what it takes to fuel his body and, more globally, explore man's relationship to the production of energy and the use and waste of natural resources. He's displaying his findings at Baltimore's Contemporary Museum (Contemporary.org) in an exhibit called "My Food My Poop."

At the risk of disappointing teenage boys everywhere, Pocock did not save any of the sam-

ples for the show. The food, waste and energy are all represented by wood blocks in weights that correspond to the actual food, waste and energy. They can be handled and compared in a room at the museum lighted by bulbs burning solar energy collected by a panel on the building. "I really became aware of what it takes to fuel my daily life," he says.

Carrying scales and jars, and doing all that measuring of human waste was "annoying" at times. Students and co-workers thought he was on a radical diet to lose weight. But he learned much about his own habits from keeping the diary, including just how many cookies he ate. The daily notes are displayed on the walls of the museum.

There were some surprises, he said. Liquids are about 80 percent of what he consumed. Far more of the food and beverages were used as energy and far less became waste than he was expecting. "Where did it all go? It was like a magic trick," he says.

MEREDITH COHN (THE BALTIMORE SUN)



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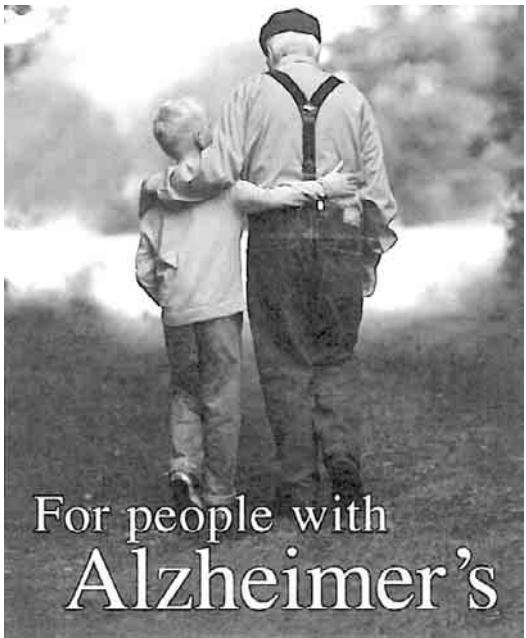


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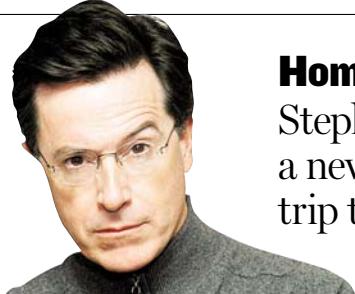
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## Home of the Bald

Stephen Colbert gets a new hairdo on his trip to Iraq | 34

# lookout

# Curb Your Skepticism

Larry David puts his insecurities about acting aside to star in a Woody Allen film

**CASTING** | On "Curb Your Enthusiasm," Larry David's alter ego has realized two fantasies: starring in a Mel Brooks production (as Max Bialystock in "The Producers") and acting in a Martin Scorsese film (as a Jewish gangster).

Now, like a "Curb" story line come to life, David stars in Woody Allen's latest film, "Whatever Works," opening July 3.

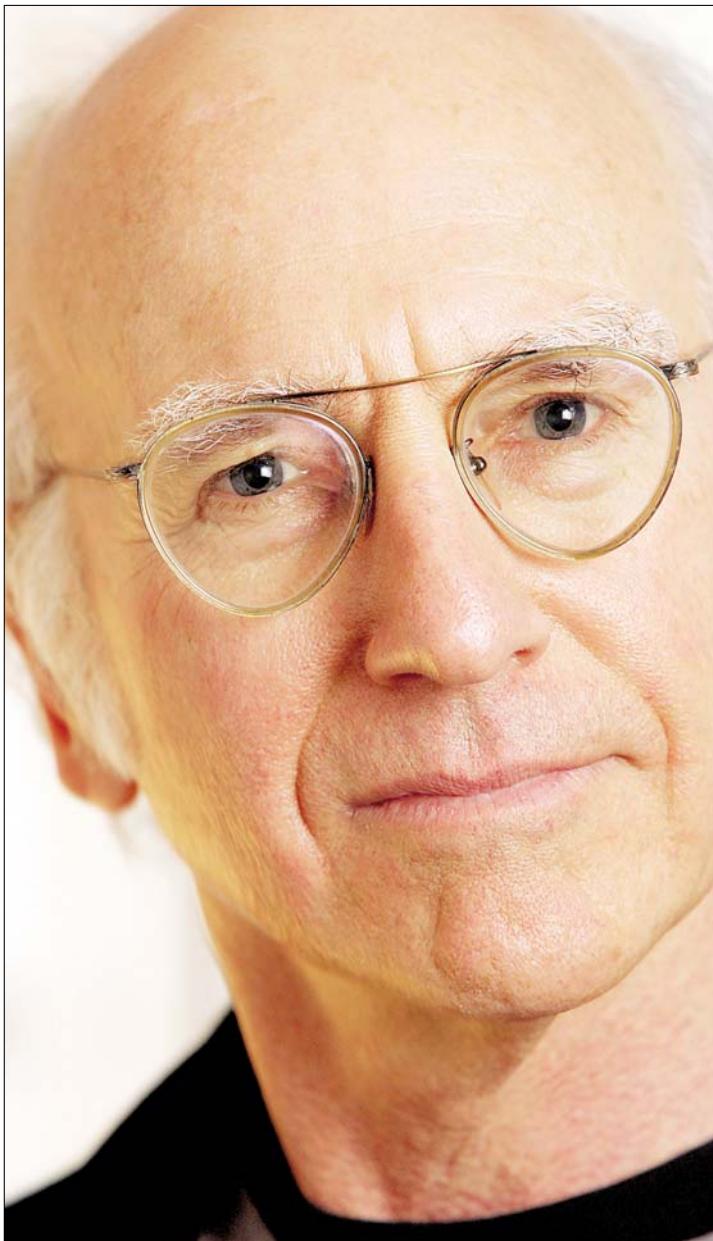
As co-creator of "Seinfeld" and the creator-star of HBO's "Curb

**“He’s just a natural actor. He doesn’t do anything on the screen ... he wouldn’t do in real life.”**

"Your Enthusiasm," the 61-year-old David has already left his stamp on television with a penchant for bitter, cringe-inducing realism. "Whatever Works" marks his most notable foray into movies or even acting.

"The script came in the mail, and I opened it up and saw the character was on page one," said David in a recent interview. "I went to page 50, he's on page 50. I went, 'Oh, my God. What is this?' I realized what it was."

Allen originally wrote the



**STARRING DAVID:** Although he co-created "Seinfeld" and is "Curb Your Enthusiasm's" main man, Larry David's role in "Whatever Works" is his biggest acting gig yet.

script in the '70s with Zero Mostel in mind. After Mostel — a Tony-winning actor best remembered by movie fans as the original Max Bialystock — died in 1977, the screenplay stayed in a drawer.

The director's casting director suggested David. Allen says he'd been a fan of David, who actually had two tiny parts in Allen's "Radio Days" and "New York Stories."

"He's just a natural actor," Allen says. He doesn't do anything on the screen or in the scene that he wouldn't do in real life."

In the film, David plays grouchy, misanthropic Boris Yellnikoff — a retired, divorced physicist and self-proclaimed genius. A young runaway (Evan Rachel Wood) begs him for shelter, and gradually Boris' life changes — especially when her parents (Patricia Clarkson, Ed Begley Jr.) arrive.

"Whatever Works" is funny, philosophical and New York-centric — more in line with Allen's films in the '70s and '80s, when he was hitting his stride.

Neither man, though, considers Boris an alter ego of Allen's.

David gave Allen every chance to back out of casting him — arguing that he doesn't really act on "Curb," that he's playing himself.

"He was always kvetching that he couldn't act," Allen says. "So, I felt, 'Look, the guy's going to be funny. He's always funny — I don't have to worry about that.'"

JAKE COYLE (AP)



The Peas really know their dance hits.

## The Music Is Nice And Easy

**The Black Eyed Peas make feel-good party jams for summertime**

**MUSIC** | The Black Eyed Peas want you to dance, and "Boom Boom Pow" is just the beginning.

The smash single sets the tone for the dance-party vibe on the quartet's first new album in four years, "The E.N.D.," which stands for "the energy never dies."

Will.i.am, Fergie, Taboo and apl.de.ap look toward the future on "The E.N.D.," with 15 disco- and electro-inspired tracks sure to be the soundtrack to many a summer party. It's a record all about love, youth and having a good time.

"I Gotta Feeling" is an optimistic track with an auto-tune refrain of "I gotta feeling that tonight's gonna be a good night." The happy vibe and auto-tune continues on "Party All the Time," marked by a chorus anyone can get behind: "If we could party all night and sleep all day and throw all of my problems away, my life would be easy." SANDY COHEN (AP)



**ROLES 'Drugs' Deal in the Works** Jake Gyllenhaal and Anne Hathaway, who played a doomed husband and wife in "Brokeback Mountain," are in negotiations to reunite for "Love and Other Drugs." Ed Zwick is directing the project, which Charles Randolph adapted from Jamie Reidy's nonfiction book "Hard Sell: The Evolution of a Viagra Salesman." Gyllenhaal will play the salesman, who begins a relationship with a woman (Hathaway) he meets while on one of his sales calls. (THE HOLLYWOOD REPORTER)

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**2** tures readings of plays fresh off the typewriter of both award-winning and up-and-coming playwrights. Our pick: "Lonely Planet," directed by D.C.'s own Mary Hall Surface, pictured, and written by Stephen Deitz. B.A.

→ *Atlas Performing Arts Center, 1333 H St. NE; 7 p.m. and 9 p.m., \$15 donation; 202-399-7993, [Atlasarts.org](http://Atlasarts.org).*



## The Man at the Wheel

P.J. O'Rourke, noted conservative humorist, has proved himself to be a savvy political satirist and writer. Now he turns from the machinations of Washington to those of a sweet five-cylinder engine in "Driving Like Crazy," his latest book of essays. It's about cars: his own obsession with them and America's. You can find out what he thinks about the future of the automobile industry tonight. f.z.

→ *Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919, [Politics-prose.com](http://Politics-prose.com). (Van Ness)*

**3**

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Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
LAND OF THE LOST (PG-13) ★ (1115 1250 150 330 430) 630 730 920 1020  
HANGOVER (R) - ID REQ'D ★ (1105 1200 130 230 400) 500 700 800 940 1040  
MY LIFE IN RUINS (PG-13) (1120 220 440) 710 1010  
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1100 140 420) 720 1000  
UP (PG) (1150 1240 240 320 520) 620 820  
DRAG ME TO HELL (PG-13) (1150 230 510) 810 1045  
NIGHT AT THE MUSEUM II (PG) (110 350) 650 930  
TERMINATOR SALVATION (PG-13) (210 PM 450) 740 PM  
OC: TERMINATOR SALVATION (PG-13) (1130 AM) 1030 PM  
ANGELS AND DEMONS (PG-13) (1205 310) 610 915  
STAR TREK (PG-13) (1230 340) 640 950  
DANCE FLICK (PG-13) 900 PM

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20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
HANGOVER (R) - ID REQ'D ★ (1215 200 300 445 530) 730 830 1010 1050  
LAND OF THE LOST (PG-13) ★ (1200 145 245 430 515) 715 815 1000 1045  
MY LIFE IN RUINS (PG-13) (140 410) 700 950  
UP (PG) (1220 130 210 250 400 440 520) 630 710 750 900 1040  
DRAG ME TO HELL (PG-13) 800 PM 1040 PM  
DANCE FLICK (PG-13) (215 PM) 1025 PM  
NIGHT AT THE MUSEUM II (PG) (150 415) 650 930  
TERMINATOR SALVATION (PG-13) (1150 AM) 745 PM 745 PM  
OC: TERMINATOR SALVATION (PG-13) (220 PM) 1030 PM  
ANGELS AND DEMONS (PG-13) (1210 PM) 340 PM 1045  
STAR TREK (PG-13) (100 420) 720 1015  
X-MEN ORIGINS: WOLVERINE (PG-13) (450 PM) 740 PM

## UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
MY LIFE IN RUINS (PG-13) (1235 305 535) 755 1035  
HANGOVER (R) - ID REQ'D ★ (1230 130 300 430 530) 715 815 945 1045  
LAND OF THE LOST (PG-13) ★ (1200 145 245 415 515) 700 800 930 1030  
UP (PG) (1215 115 200 250 400 445 525) 645 730 805 915 1000 1050  
DRAG ME TO HELL (PG-13) (1220 255 520) 750 1025  
DANCE FLICK (PG-13) (545 PM) 1040 PM  
NIGHT AT THE MUSEUM II (PG) (1205 230 505) 740 1010  
TERMINATOR SALVATION (PG-13) (135 420) 705 1005  
OC: ANGELS AND DEMONS (PG-13) (345 PM) 955 PM  
ANGELS AND DEMONS (PG-13) (1245 PM) 650 950  
STAR TREK (PG-13) (105 405) 720 1020  
X-MEN ORIGINS: WOLVERINE (PG-13) (1240 PM) 315 PM 810 PM

## MAJESTIC STADIUM 20

900 Ellsworth Dr, Silver Spring, MD 240-393-4826

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
LAND OF THE LOST (PG-13) ★ (1205 100 235 335 455) 600 720 830 945 1055  
RW & DA: LAND OF THE LOST (PG-13) ★ (1235 305 525) 750 1020  
HANGOVER (R) - ID REQ'D ★ (1110 1225 130 250 350 515) 615 740 840 1005 1100  
RW: THE HANGOVER (R) - ID REQ'D ★ (1258 320 545) 810 1035  
UP 3D - SPECIAL EVENT PRICING (PG) ★ (120 330) 605 820 1045  
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1130 1230 200 300 430 530) 700 800 930 1030  
UP (PG) (1100 1200 125 230 400 500) 630 730 900 1000  
DRAG ME TO HELL (PG-13) (1100 140 420) 720 1000  
DANCE FLICK (PG-13) (1135 200 320 440 545) 635 885 1015  
NIGHT AT THE MUSEUM II (PG) (1120 220 355 445) 715 910 995  
TERMINATOR SALVATION (PG-13) (1140 115 215 510) 745 945 1025  
ANGELS AND DEMONS (PG-13) (105 405) 710 1015  
STAR TREK (PG-13) (1105 1215 155 325) 620 720 920 1020  
X-MEN ORIGINS: WOLVERINE (PG-13) (1125 210 450) 735 1010  
OBSESSED (PG-13) (440 PM) 1040 PM

## ROYALE STADIUM 14

665 America Blvd, Hyattsville, MD 301-864-3456

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
LAND OF THE LOST (PG-13) ★ (1210 1240 240 310 510) 710 740 950 1020  
RW: THE HANGOVER (R) - ID REQ'D ★ (1220 250 520) 750 1010  
HANGOVER (R) - ID REQ'D ★ (1250 320) 720 940  
UP & DA: UP (PG) (1230 100 300 330 530) 700 800 930 1030  
DRAG ME TO HELL (PG-13) (1245 240 420) 745 1025  
NIGHT AT THE MUSEUM II (PG) (1235 245 445) 735 945  
DANCE FLICK (PG-13) (1245 140 420) 745 935  
TERMINATOR SALVATION (PG-13) (1205 400) 705 1005  
ANGELS AND DEMONS (PG-13) (1215 410) 710 1015  
STAR TREK (PG-13) (1225 430) 725 955  
X-MEN ORIGINS: WOLVERINE (PG-13)

## BETHESDA 10

1711 Wisconsin Avenue 800-FANDANGO 55#

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
LAND OF THE LOST (PG-13) ★ (1120 1240 240 310 510) 710 740 950 1020  
RW: THE HANGOVER (R) - ID REQ'D ★ (1220 250 520) 750 1010  
HANGOVER (R) - ID REQ'D ★ (1250 320) 720 940  
UP & DA: UP (PG) (1230 100 300 330 530) 700 800 930 1030  
DRAG ME TO HELL (PG-13) (1245 240 420) 745 1025  
NIGHT AT THE MUSEUM II (PG) (1235 245 445) 735 945  
DANCE FLICK (PG-13) (1245 140 420) 745 935  
TERMINATOR SALVATION (PG-13) (1205 400) 705 1005  
ANGELS AND DEMONS (PG-13) (1215 410) 710 1015  
STAR TREK (PG-13) (1225 430) 725 955  
X-MEN ORIGINS: WOLVERINE (PG-13)

## BOWIE STADIUM 14

15201 Mirical Lane, Bldg 1 800-FANDANGO 454#

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
LAND OF THE LOST (PG-13) ★ (1130 150 410) 650 910  
HANGOVER (R) - ID REQ'D ★ (1210 240 510) 800 1020  
LAND OF THE LOST (PG-13) ★ (1140 210 440) 710 940  
UP (PG) (1130 1225 200 250 430 515) 670 940 1020  
DRAG ME TO HELL (PG-13) (110 330 550) 810 1000  
NIGHT AT THE MUSEUM II (PG) (1130 210 450) 730 1010  
TERMINATOR SALVATION (PG-13) (1200 300) 630 930  
ANGELS AND DEMONS (PG-13) (145 430) 720 1015  
STAR TREK (PG-13) (230 505) 735 1005  
X-MEN ORIGINS: WOLVERINE (PG-13)

## GALLERY PLACE STADIUM 14

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Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
HANGOVER (R) - ID REQ'D ★ (1215 150 245) 430 515 615 715 745 910 1000 1030  
LAND OF THE LOST (PG-13) ★ (1140 1240 210) 345 450 630 730 930 1010  
MY LIFE IN RUINS (PG-13) (1245 310) 530 800 1035  
UP (PG) (1200 100 230) 330 510 740 1000  
DRAG ME TO HELL (PG-13) (1225 255) 525 755 1020  
DANCE FLICK (PG-13) (1220 300) 545 755 1030  
NIGHT AT THE MUSEUM II (PG) (1130 210 430) 700 900 1035  
OC: TERMINATOR SALVATION (PG-13) (1250 PM) 710 PM  
TERMINATOR SALVATION (PG-13) (120 410) 720 1015  
ANGELS AND DEMONS (PG-13) (110 410) 720 1015  
STAR TREK (PG-13)

## BALLSTON COMMON STADIUM 12

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Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
LAND OF THE LOST (PG-13) ★ (1210 1240 240 310 510) 710 740 950 1020  
RW: THE HANGOVER (R) - ID REQ'D ★ (1220 250 520) 750 1010  
HANGOVER (R) - ID REQ'D ★ (1250 320) 720 940  
UP (PG) (1230 100 300 330 530) 700 800 930 1030  
DRAG ME TO HELL (PG-13) (1245 240 420) 745 1025  
NIGHT AT THE MUSEUM II (PG) (1235 245 445) 735 945  
DANCE FLICK (PG-13) (1245 140 420) 745 935  
TERMINATOR SALVATION (PG-13) (1205 400) 705 1005  
ANGELS AND DEMONS (PG-13) (1215 410) 710 1015  
STAR TREK (PG-13) (1225 430) 725 955  
X-MEN ORIGINS: WOLVERINE (PG-13)

## POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 65#

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
HANGOVER (R) - ID REQ'D ★ (1215 305 405) 620 720 935

LAND OF THE LOST (PG-13) ★ (105 145 400) 715 755 1000  
MY LIFE IN RUINS (PG-13) (220 450) 730 950 1020  
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1250 355 455) 700 800 1000  
DRAG ME TO HELL (PG-13) (105 140 400) 715 800 1000  
DANCE FLICK (PG-13) (105 140 400) 715 800 1000  
NIGHT AT THE MUSEUM II (PG) (105 140 400) 715 800 1000  
OC: TERMINATOR SALVATION (PG-13) (105 140 400) 715 800 1000  
TERMINATOR SALVATION (PG-13) (105 140 400) 715 800 1000  
ANGELS AND DEMONS (PG-13) (105 140 400) 715 800 1000  
STAR TREK (PG-13) (105 140 400) 715 800 1000  
X-MEN ORIGINS: WOLVERINE (PG-13)

## KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-282-4956

Adv. Tix on Sale THE PROPOSAL  
Adv. Tix on Sale TAKING OF PELHAM 1 2 3  
Adv. Tix on Sale THE YEAR ONE  
RW: THE HANGOVER (R) - ID REQ'D ★ (1215 320 420) 620 700 740 855 935 1025  
LAND OF THE LOST (PG-13) ★ (105 145 400) 715 755 1000  
MY LIFE IN RUINS (PG-13) (220 450) 730 950 1020  
UP 3D - SPECIAL EVENT PRICING (PG) ★ (1215 225 325 425 525) 605 800 840 880 920  
DRAG ME TO HELL (PG-13) (1205 245 345 445) 745 915 1025  
DANCE FLICK (PG-13) (1205 245 345) 745 915 1025  
NIGHT AT THE MUSEUM II (PG) (1205 245 345) 745 915 1025  
OC: TERMINATOR SALVATION (PG-13) (1205 245 345) 745 915 1025  
TERMINATOR SALVATION (PG-13) (1205 245 345) 745 915 1025  
ANGELS AND DEMONS (PG-13) (1205 245 345) 745 915 1025  
STAR TREK (PG-13) (1205 245 345) 745 915 1025  
X-MEN ORIGINS: WOLVERINE (PG-13)

## AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria

IMAX NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN: THE IMAX EXPERIENCE (PG) 1:40, 4:20, 7:00, 9:40

## AMC COLUMBIA MALL 14

10300 Patuxent Parkway

IMAX NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN: THE IMAX EXPERIENCE (PG) 1:00, 3:45, 6:30, 9:15

## DIGITAL 3D

UP IN DISNEY DIGITAL 3D (PG) 2:15, 5:00, 7:45, 10:15

LAND OF THE LOST (PG-13) ★ 1:20, 2:15, 3:15, 4:45, 5:55, 7:35, 8:30, 10:25  
9:30, 10:50, 10:50

DRAG ME TO HELL (PG-13) 1:20, 3:20, 6:00, 8:40

UP (PG) 1:15, 3:50, 6:45, 9:20 3D NOT AVAILABLE FOR THESE SHOWTIMES

DANCE FLICK (PG-13) 1:40, 3:55, 6:10, 8:30

NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 1:20, 4:45, 7:30, 9:15, 10:45

TERMINATOR SALVATION (PG-13) 1:30, 4:30, 7:30, 9:45, 10:45

ANGELS & DEMONS (PG-13) 1:20, 4:20, 7:20, 9:45, 10:45

STAR TREK (PG-13) 1:20, 4:20, 7:20, 9:45, 10:45

X-MEN ORIGINS: WOLVERINE (PG-13) 1:35, 4:35, 7:20, 10:15

AMC SELECT MY LIFE IN RUINS (PG-13) 1:20, 4:40, 7:10, 9:40

## AMC TYSONS CORNER 16

7850 Tysons Corner Center

DIGITAL 3D  
UP IN DISNEY DIGITAL 3D (PG) 1:15, 3:50, 6:25, 9:00

THE HANGOVER (R) ✓ 1:20, 2:15, 3:15, 4:45, 5:55, 7:35, 8:30, 10:25

LAND OF THE LOST (PG-13) ✓ 1:20, 2:15, 3:20, 4:30, 5:30, 7:30, 8:30, 10:25

UP (PG) 1:20, 2:05, 3:00, 4:40, 5:35, 7:05, 9:45 3D NOT AVAILABLE FOR THESE SHOWTIMES

DANCE FLICK (PG-13) 1:22, 2:25, 3:25, 4:35, 5:35, 7:35, 9:35, 10:35

NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 1:20, 4:20, 7:20, 9:40, 10:40

TERMINATOR SALVATION (PG-13) 1:20, 4:20, 7:20, 9:40, 10:40

ANGELS & DEMONS (PG-13) 1:20, 4:20, 7:20, 9:40, 10:40

STAR TREK (PG-13) 1:20, 4:20, 7:20, 9:40, 10:40

X-MEN ORIGINS: WOLVERINE (PG-13) 1:20, 4:20, 7:20, 9:40, 10:40

AMC SELECT MY LIFE IN RUINS (PG-13) 1:20, 4:20, 7:20, 9:40

## AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886

IMAX NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN: THE IMAX EXPERIENCE (PG) 1:40, 4:20, 7:00

STAR TREK: THE IMAX EXPERIENCE (PG13) 9:35 PM

DIGITAL 3D  
UP IN DISNEY DIGITAL 3D (PG) 1:10, 3:50, 6:30, 9:10

THE HANGOVER (R) ✓ 1:20, 2:20, 3:30, 4:45, 6:00, 7:15, 8:30, 9:45

LAND OF THE LOST (PG-13) ✓ 1:25, 2:10, 3:05, 4:50, 6:45, 8:45, 10:30

UP (PG) 1:25, 2:20, 3:20, 4:30, 6:20, 8:00, 9:45 3D NOT AVAILABLE FOR THESE SHOWTIMES

DANCE FLICK (PG-13) 1:25, 2:25, 3:25, 4:35, 6:25, 8:25, 10:25

NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 1:25, 2:25, 3:25, 4:35, 6:25, 8:25, 10:25

TERMINATOR SALVATION (PG-13) 1:25, 2:25, 3:25, 4:35, 6:25, 8:25, 10:25

ANGELS & DEMONS (PG-13) 1:25, 2:25, 3:25, 4:35, 6:25, 8:25, 10:25

STAR TREK (PG-13) 1:25, 2:25, 3:25, 4:35, 6:25, 8:25, 10:25

X-MEN ORIGINS: WOLVERINE (PG-13) 1:25, 2:25, 3:25, 4:35, 6:25, 8:25, 10:25

AMC SELECT MY LIFE IN RUINS (PG-13) 1:25, 2:25, 3:25, 4:35, 6:25, 8:25, 10:25

## AMC MAZZA GALLERIE

Jenifer and Wisconsin

THE HANGOVER (R) 12:00, 2:45, 5:20, 8:00, 10:30

THE HANGOVER (R) ✓ 12:00, 2:45, 5:20, 8:00, 10:30

LAND OF THE LOST (PG-13) 2:00, 4:45, 7:30, 10:00

UP (PG) 1:45, 4:20, 7:00, 9:45 3D NOT AVAILABLE FOR THESE SHOWTIMES

NIGHT AT THE MUSEUM: BATTLE OF THE SMITHSONIAN (PG) 1:20, 5:00, 7:40, 10:20

TERMINATOR SALVATION (PG13) 1:30, 4:30, 7:50, 10:40

ANGELS & DEMONS (PG13) 1:25, 4:20, 7:20, 10:20

STAR TREK (PG13) 1:10, 4:10, 7:20, 10:20

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DIGITAL 3D  
UP IN DISNEY DIGITAL 3D (PG) 1:45, 4:20, 7:00, 9:45

THE HANGOVER (R) 1:40, 2:50, 4:10, 5:25, 7:05, 8:10, 9:40, 10:50

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(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

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In addition, all research participation is without cost.

- ♦ **Monetary compensation for procedures.**
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# lookout television

## Her Life On the D-List



Patti Blagojevich went from first lady of Illinois to average reality TV celeb.

**SPOUSE** | Once, she was the first lady of Illinois. Now Patti Blagojevich is gagging down bugs and crawling through tropical slime in a race to be named Queen of the Jungle on a reality TV show.

Impeached governor Rod Blagojevich's wife has survived Week 1 on "I'm a Celebrity ... Get Me Out of Here!" (8 p.m., NBC). Some say her emergence as the plucky, well-liked mom of the group could help erase the image of the "foul-mouthed Lady Macbeth" who spewed profanity on secretly recorded FBI tapes in her husband's corruption case.

"She is trying to put the bacon on the table, and she's shown a lot of strength and fortitude," said Thom Serafin, a Chicago political analyst.

A tearful Patti Blagojevich introduced herself to viewers by explaining that her family had been going through a hard time. She later told her supportive castmates she and her husband had lost their jobs and she was doing this to support their daughters.

"For the last few months of our lives, it's been pretty difficult, so in some ways — ah, I'm going to cry," she told an interviewer, looking upward, "after that, the jungle doesn't seem quite so scary."

MIKE ROBINSON (AP)

## tonight's lineup

### TO MARRY OR NOT TO MARRY?

Couples face the music on **HITCHED OR DITCHED** (9 p.m., CW).

### FORCED TEAMWORK

Events force Mike and Tommy to cooperate on **RESCUE ME** (10 p.m., FX).

### MAN GONE WILD

Dean's high-octane lifestyle continues on **TORI AND DEAN: HOME SWEET HOLLYWOOD** (10 p.m., Oxygen).

### ECON GURU

Peter Schiff is scheduled on **THE DAILY SHOW WITH JON STEWART** (11 p.m., Comedy Central).

### COOL? CREEPY?

The puppet-heavy show **FOOD PARTY** (11:15 p.m., IFC) moves from YouTube to TV. Fringe artist Thu Tran acts amid a colorful kitchen where food, flatware and appliances come alive and interact with the host's deadpan character.

### PAYING THE TROOPS A VISIT

**THE COLBERT REPORT** (11:30 p.m.,



Thu Tran hosts "Food Party," a creative kid's show for adults on IFC tonight.

Comedy Central is taping from Iraq tonight, tomorrow and Thursday.

### BOOM, BOOM, POW!

Julia Roberts and Black Eyed Peas appear on **LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS).

### SO FAR, SO GOOD

Conan O'Brien hosts Eddie Murphy, Bonnie Raitt and Taj Mahal on **THE TONIGHT SHOW** (11:35 p.m., NBC).

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

# Endearingly Evil

## '10 Jaguar XFR fits mass-market appeal into a super-sedan

**WICKED** | The players in the super-sedan market have much in common — gorgeous exteriors, heroic wheels and tires, state-of-the-art electronics, and more cowhide and horse flesh than the back lot of the old Republic Pictures.

These cars — the BMW M5, the Mercedes-Benz E63 AMG, the Cadillac CTS-V, the Audi RS6 (not available in the U.S.) — all cost \$80,000 or more, can dash to 60 mph in less than five seconds and pitilessly gnaw the tarmac with more than 500 horsepower.

The genius of the 2010 Jaguar XFR lies in its sheer will to be different, its embrace of the singular, even peculiar. This, the mad-with-power version of the mass-market XF, has extraordinary talent on the road, to be sure. Under the wickedly sculpted hood is a supercharged version of the so-called GEN III 5.0-liter V8, a direct-injection mill wailing its light-weighted pistons to the tune of 510 horsepower (125 horsepower more than the non-supercharged version) and 461 pound-feet of vertebra-im-



BRYAN MITCHELL/GETTY IMAGES

Under the XFR's sculpted hood is a supercharged version of the GEN III 5.0-liter V8, a direct-injection mill with light-weighted pistons with 510 horsepower.

pacting torque.

Between the feral induction whine under the hood and the infernal crackling from the quad exhausts, the sound of this car is charmingly, endearingly evil.

So, there's immense power, channeled through an adaptive six-speed transmission with manual-shift mode, as well as electronically controlled rear differential, and 20-inch, 35-series monster tires that grip like a pterodactyl. The horsepower and torque feel endless and effortless, like a fire hose attached to the Hoover Dam.

DAN NEIL (LOS ANGELES TIMES)

### NUTS & BOLTS

#### → 2010 JAGUAR XFR

# \$79,800

**Powertrain:** Supercharged direct injection 5.0-liter DOHC V8 with variable valve timing; six-speed automatic transmission with manual shift mode; rear-wheel drive with limited-slip differential | **Wheelbase:** 105.3 inches | **Horsepower:** 510 at 6,000-6,500 rpm | **Torque:** 461 pound-feet at 2,500-5,500 rpm | **EPA fuel economy:** 15 mpg city, 21 mpg highway | **0-60 mph:** 4.7 seconds

### DISCUSSIONS

## REAL WHEELS

**Warren, does Penske's purchase of Saturn now mean we can expect to see more diesel-powered models in its lineup? Seriously, what direction is the company's product line apt to take?**

Let's make that Penske's "proposed purchase." As yet, there's no final agreement on that matter. Assuming a confirmed deal takes place, look for a Penske Saturn to source cars worldwide. And that means, yes, there will be diesels.

**My Honda Fit's gas mileage estimate is always 5 to 7 mpg optimistic. What's up with that? Is this common across brands? I take it a little personally that my car lies to me.**

Mileage estimates are exactly that — estimates. And estimates, up and down, are affected by many factors, including: traffic patterns, road surfaces (or, in your area, the lack thereof), personal driving styles and skills, tire inflation (or lack thereof) and weather.

**Warren, have you had a chance to drive a new Ford Escape or Merc Mariner with the I4 engine? I was hesitant to buy a 4 but find with my new Merc that the superb six-speed transmission compensates well. Aside from a bit of engine**

buzz, the four-wheel-drive vehicle gets gas mileage in the mid-20s and runs well at 70 mph. These Detroit products have excellent quality and competitive pricing. I've driven both and find myself

**Mileage estimates** are exactly that — estimates ... and are affected by many factors.

generally in agreement with your assessment. That engine buzz usually occurs at higher speeds — annoying, but not disastrously so. Thank goodness Ford has now gone to more efficient six-speed automatic transmissions. They make a big, favorable difference in fuel economy and driving feel.

**I thought GM actually had reasonable profits/success from its European operations. If that's correct (and please correct me if it isn't), then what does GM gain by selling a profitable foreign unit?**

Yes, mostly, Opel and Vauxhall have done well for GM in Europe, which is why they are attractive buys. GM needs cash. It doesn't really need Opel and Vauxhall.

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Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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# comics lookout

Bizarro | Dan Piraro



Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**GEMINI (May 21-June 20)** You may think that your native cleverness will keep you from falling into some common traps, but the risks are quite high.

**CANCER (June 21-July 22)** You'll want to check in regularly with friends and loved ones to keep up with how things are going domestically and professionally.

**LEO (July 23-Aug. 22)** That which came easily in recent days may prove much more difficult—but with thought and extra effort, you can overcome this obstacle.

**VIRGO (Aug. 23-Sept. 22)** That which you once took for myth or legend is likely to be proved beyond any doubt before this interesting and unusual day is out.

**LIBRA (Sept. 23-Oct. 22)** You're going to want some more information before putting a new project into action. A partner's decision proves pivotal.

**SCORPIO (Oct. 23-Nov. 21)** Someone exciting is about to begin, but you're going to have to dispense with a few routine duties before throwing caution to the wind.

**SAGITTARIUS (Nov. 22-Dec. 21)** Don't assume you're facing a certain problem alone. Indeed, you're likely to have a great many unknown compatriots.

**CAPRICORN (Dec. 22-Jan. 19)** It may be easier than expected to learn a new trick—even if you are an old dog. Keep your eyes, ears and mind open.

**AQUARIUS (Jan. 20-Feb. 18)** Now is no time to risk more than usual. Indeed, you're going to want to play it safe on more than one occasion, to keep others safe.

**PISCES (Feb. 19-March 20)** You've been harboring preconceptions that have clouded your thinking recently. The time has come to let go of them once and for all.

**ARIES (March 21-April 19)** Don't let yourself be distracted by what others are doing. Focus on your endeavors, and you can surely reach your goal.

**TAURUS (April 20-May 20)** While your efforts to achieve something new and different may fall a bit short, you can make an important discovery along the way.

## Today in History

**68**

The Roman Emperor Nero commits suicide.

**1973**

Secretariat becomes horse racing's first Triple Crown winner in 25 years by winning the Belmont Stakes.

**1978**

Leaders of the Church of Jesus Christ of Latter-day Saints strike down a 148-year-old policy of excluding black men from the Mormon priesthood.

**1986**

The Rogers Commission releases its report on the Challenger disaster, criticizing NASA and rocket-builder Morton Thiokol for management problems leading to the explosion that claimed the lives of seven astronauts.

**1999**

President Bill Clinton instructs federal law agencies to collect race and gender data on people they stop or arrest, in a move to end racial profiling by police.



People watch as Ronald Reagan's body is taken to the U.S. Capitol in 2004.

**2004**

Ronald Reagan's body arrives in Washington to lie in state in the Capitol Rotunda before the 40th president's funeral.

**2008**

Ken Griffey Jr. becomes the sixth player in baseball history to reach 600 homers.

# lookout people



ALBERTO E. RODRIGUEZ/GETTY IMAGES

The last living person using MySpace has announced her non-pregnancy.

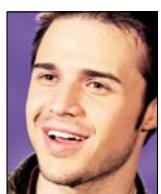
## BUSINESS AS USUAL

### Dubiously Punctuated Blog Post Reveals Very Little

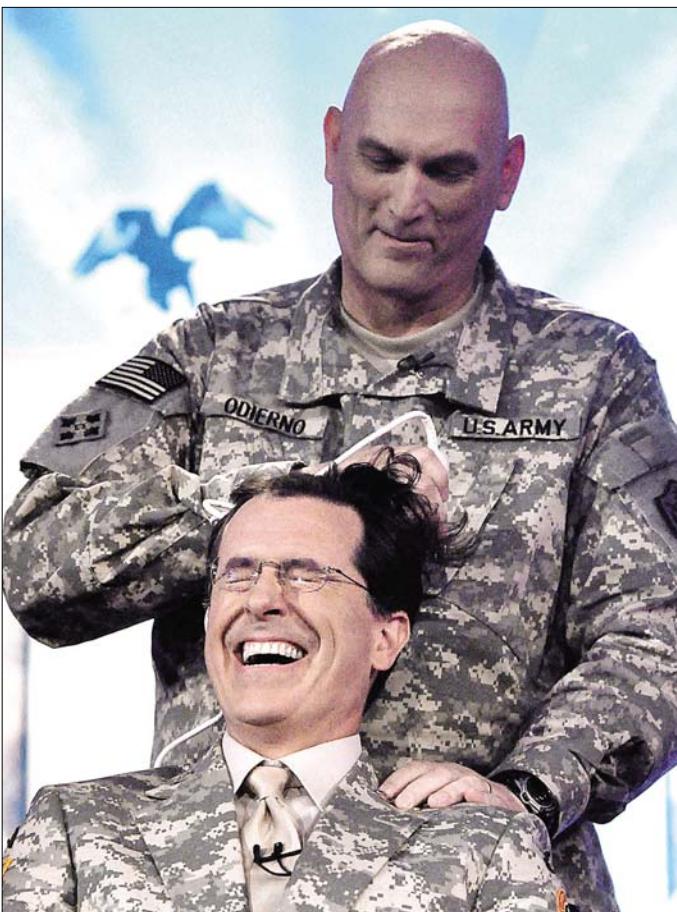
**TILA TEQUILA** clarified rumors that she is or was pregnant on her MySpace page Saturday, People.com reported. "The [sic] point is... maybe I was pregnant, or maybe I wasn't pregnant. I think that is something very personal but I'm going to clear that up now and say that I am not currently pregnant." (EXPRESS)

## SAMENESS

### Idol Allen Announces Upcoming Self-Parody



"American Idol" **KRIS ALLEN** has signed a record deal with producer 19 Recordings, according to Reuters. An album should move this fall from Jive. "It will be very similar to what you heard from me on the show — definitely in the pop/rock genre," said Allen in a statement. (EXPRESS)



STEVE MANUEL/AP

## HAIRSTYLING

### Crew Cutup

**STEPHEN COLBERT**, wearing a camouflage suit and tie, brought "The Colbert Report" to hundreds of U.S. troops at Camp Victory, the U.S. military headquarters in Baghdad. Cheers abounded, but the loudest roars came when Colbert's first guest, Gen. Ray Odierno, accepted a videotaped order from President Obama to shave Colbert's head. The general started the job with an electric razor, although a stylist finished it off. (AP)

## HAIR BANDS

### RATT Finally Sick of the Competition

Rock singer **BRET MICHAELS** had a run-in with some stage scenery at the Tony Awards. The "Rock of Love" star took to the stage with his hair-metal band Poison during the telecast's opening number, featuring performances from the season's Broadway musicals. The band performed "Nothin' but a Good



The hair-metal scene is just too crowded right now.

Time" with the cast of "Rock of Ages," and as Michaels exited the stage, a descending set piece smacked him on the head and knocked him to the ground. A Tonys spokeswoman says the rocker "missed his mark." Though it looked like it, he did not break his nose. She did not know the extent of his injury. (AP)

## DINING

### DMX Loved Mystery Meat Mondays a Little Too Much

**DMX** will not have to serve jail time in Arizona for having thrown a food tray at a jail officer. DMX was



ISAAC BREKKEN/AP

sentenced Monday to supervised probation. Authorities say he took a meal from a serving tray and became upset when told he couldn't have it. The incident occurred as he was serving a sentence after pleading guilty to felony charges of theft, drug possession and a misdemeanor charge of animal cruelty. (AP)



Geez, everyone's a patriot these days.

## HIERARCHY

### The Icon You Get When Celine and Cher Are Busy

**BETTE MIDLER** has staged the 100th performance of "The Showgirl Must Go On" in Las Vegas. Midler's performance on Sunday kicked off a four-week run at Caesars Palace. Midler, 63, says the show has become tighter and quicker, and is now the sort of "whirlwind" that Las Vegas audiences expect. Midler has another 100 shows left on her contract but says she's not yet sure whether she'll re-up for more. (AP)

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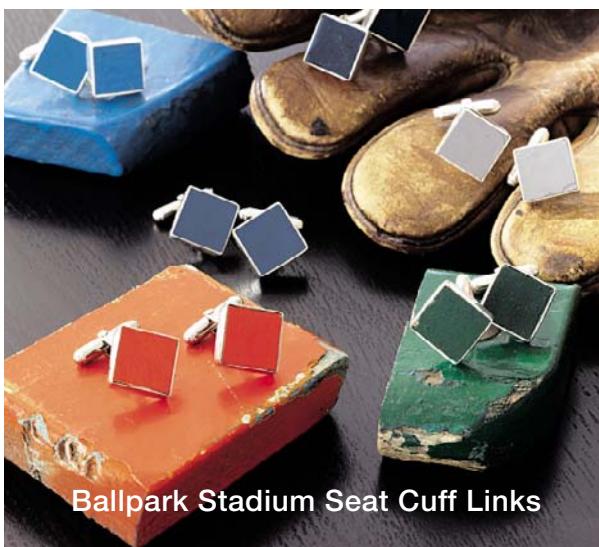
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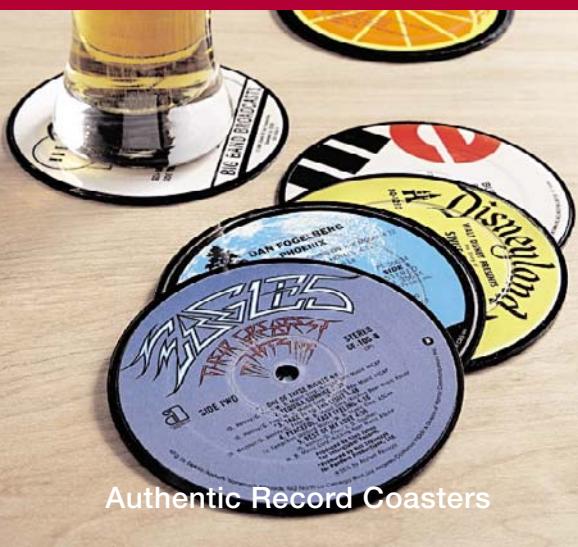
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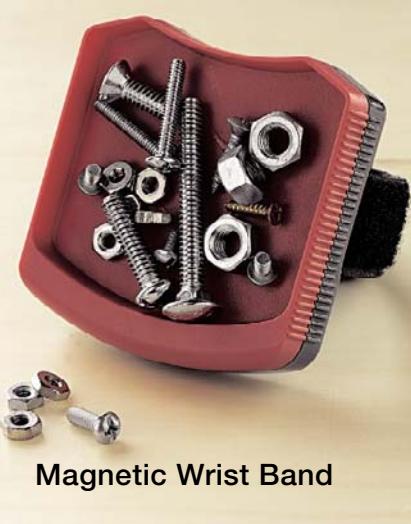
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